BACK ON HIS GAME

JUST TWO WEEKS AFTER ANOTHER INJURY SCARE, TIGER WOODS DELIVERS HIS FIRST PGA TOUR VICTORY SINCE 2009 PAGE 35

TORONTO metro®

Monday, March 26, 2012

News worth sharing.

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BAR FULL OF PLAYERS

Andrea Bargnani of Toronto Raptors signs a white hard hat for Melanie Kirkpatrick at the Maple Leaf Sports & Entertainment (MLSE) Players Gala. MLSE hosted its annual fundraiser at Real Sports Bar. Toronto Marlies, Toronto Maple Leafs, Toronto Raptors and Toronto FC squads were all on hand to mingle with the crowd and work the bar and serving stations. RICK MADONIK/TORSTAR NEWS SERVICE

Party politics at city hall?

Balance of power.
Mayor Rob Ford says he wants to take control of the agenda by running a group of like-minded councillors together, to oust those who backed LRT

Mayor Rob Ford says he and his supporters want to run a slate of candidates in the next municipal election to take control of the agenda at city hall.

Still stinging from his defeat over light-rail transit, Ford used his radio show to invite potential candidates to call him. He then read out the phone number of the mayor's office at city hall.

"Doug and I and the 19 councillors who want to change the city are doing everything we can," Ford said, referring to his brother, Coun. Doug Ford (Ward 2, Etobicoke North).

"But you know what? We need to run a slate next time," Ford said.

"We have to get rid of these other 24 councillors."

He was referring to the 24 councillors who backed light rail over Ford's proposal to extend the subway system.

Doug Ford said it would take very little to change the balance of power on council. "There are eight or nine councillors that won by only a few hundred votes, and those eight or nine councillors are left-wing councillors that are dictating the way we have transportation, the way we're spending the money," he said.

"All you need is two or three or four of these councillors to get in, and it's a game-changer."

TORSTAR NEWS SERVICE

'Mushy middle'

- The Ford brothers said council has become polarized into left and right wings, and said there is no longer a "mushy middle" that can go in either direction.

New NDP leader is talking tough

Thomas Mulcair brings a far more forceful — Tories say "vicious" — persona to the official Opposition
PAGE 8

Landmark ruling on prostitution expected

An Appeal Court will decide whether banning brothels, soliciting and living off the avails of the sex trade puts sex workers in danger and is therefore unconstitutional
PAGE 4

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Sizzling March weather takes a chilly nosedive

As if a typical Monday wasn't hard enough, Toronto faces freezing temperatures after a week of abnormal highs.

With the windchill, it's expected to feel like -15 C, according to Arnold Ashton, an Environment Canada meteorologist.

Last week started off with a five-day streak of record-breaking warm temperatures. With the humidity, mid-day around South Ontario felt like 30 C.

But after reaching 19 C Sunday, the temperature is to drop to -4 C by Monday morning, reaching only 3 C around 5 p.m.

Like most of North America, Toronto's had an abnormally warm winter, with the least amount of snowfall since record-keeping began in 1937.

Though frost is not in the forecast, Ashton says delicate plants could face a problem.

"Buds have been bursting all over, with daffodils and flowers blooming across much of Southern Ontario," Ashton said.

Lorne Fast, manager of the Niagara Parks Commission Botanical Garden, said he's never seen such acceleration in his 25 years on the job.

"We could see some damage, but it wouldn't be a disaster for things like tulips," Fast said, advising green thumbs to wait before taking indoor plants outside.

Ashton says the cold temperatures are only a few degrees below normal, but cold air from the north will mean a significant two-day cool-off. Warm temperatures should return mid-week.

TORSTAR NEWS SERVICE

Pickering. School forced to revisit clothing policy

A Pickering high school will revisit its clothing policy in the wake of a massive protest where scores of students were sent home for wearing shorts.

But it doesn't appear that the school's administration will relent on their shorts policy.

Hundreds of St. Mary Catholic Secondary School students showed up in shorts on Thursday on one of their few non-uniform days of the year, despite being warned not to the day before.

Several students were sent home to change, while many others changed at school.

Tracy Barill, a superintendent with the Durham Catholic District School Board, said that despite reports teachers were wearing shorts, only the phys-ed teachers were, and during class time only. "Gym teachers typically wear shorts in gym," she said, "but wear track pants outside of gym time."

Students said otherwise.

TORSTAR NEWS SERVICE

Program offers support for victimized TTC employees

More help needed. More than 800 court appearances a year involving TTC staff

The man behind the TTC's Employee Support and Advocate Program is lobbying for even more help for transit employees in court.

Richard Symons said that in the past, TTC employees thrust into the criminal justice system as victims felt lost.

He started the program in 2009 after bus driver Jaime Pereira was shot in the face, leaving him blind in one eye.

"Workers were frustrated," said Symons. "There would be an assault, police would take a report and — not in all cases but in most cases — they wouldn't hear back."

Stuart Budgell, who as a court advocate provides hands-on support for the victims, including paperwork assistance, said an average of two TTC workers a day are victims of assault — they are regularly stabbed, slapped and spat on.

Budgell works with the Crown to try to get the stiffest sentences. Some 95 per cent of the accused are found guilty, he said.

"We put together very good cases."

Last Monday, he was in court with Kevin Lawless, a driver seen being stabbed in the thigh and hand on security video.

Assault a TTC worker, Budgell promises, and you'll serve time behind bars.

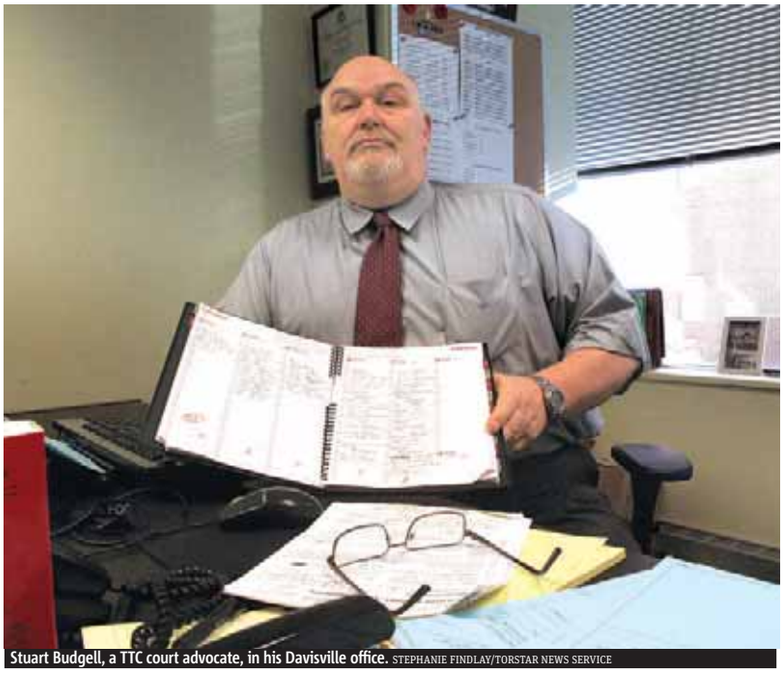
Symons said he and Budgell are overwhelmed by the number of cases and he's lobbying for help.

TORSTAR NEWS SERVICE

Quoted

"We have a lot of work to do at the TTC, but in the meantime it's not acceptable to get beat up at work."

Andy Byford, TTC chief operation office



Stuart Budgell, a TTC court advocate, in his Davisville office. STEPHANIE FINDLAY/TORSTAR NEWS SERVICE

1 NEWS

On the mobile

Wonder who's leading the pack in raising awareness for animal rights? Scan the code to find out which celebrities snatched up a Humane Society's Genesis Award.

On the web

Outrage over teen's death grows

One month after the shooting death of 17-year-old Trayvon Martin, African-American community churches around the U.S. amplified the cries for justice. Watch Rev. Jesse Jackson, a prominent civil rights leader, speak to a standing-room only crowd at metronews.ca/video

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Sports snub

Winning team loses its spot

A Toronto football club is crying foul after a clerical error kicked a team of 12-year-old boys down a division one season after they scored a spot in an advanced league.

The Toronto High Park Football Club's under-13 boys team was demoted to the league's lowest level because a club administrator missed the deadline for fee payment to the Central Soccer League — by 24 hours.

The players on the under-13 boys team are devastated, says coach John Roumelis.

TORSTAR NEWS SERVICE

Roads

Booze may have led to crashes

Toronto police are trying to determine if alcohol was a factor in two crashes on Sunday. In one of the collisions, a vehicle hit a hydro pole, while a car hit a taxi cab in the other.

TORSTAR NEWS SERVICE

Subway

Service resumes

Subways are back running between Union and Bloor stations. But track work will force the closure of the same stretch on the last weekends in April and May. TORSTAR NEWS SERVICE

Appeal Court ruling may open door for prostitutes

Landmark decision?
What transpires today could ease the country's sex laws

A ruling that could effectively end prostitution-related prosecutions in Canada comes down Monday as Ontario's top court weighs whether current laws are constitutional.

Essentially, the Appeal Court will decide whether three laws put sex-trade workers in danger by banning brothels, soliciting and living off the avails of the sex trade.

"It's a matter of life and death," said Valerie Scott, one of three women involved in the case.

"In what other legal occupation is a worker not permitted by law to take any security measures?"

In a comprehensive judgment in September 2010, Ontario Superior Court Justice Susan Himel ruled the laws were fundamentally unjust by making life more dangerous for sex-trade workers. Prostitution itself was not illegal in Canada, though many of the key activities were under the three laws that Himel struck down.

Valerie Scott is seen outside Osgoode Hall at the start of the court case about Canada's prostitution laws in June 2011. COLIN MCCONNELL/TORSTAR NEWS SERVICE FILE

The provisions, Himel said, put prostitutes at risk by preventing them from working indoors, screening clients or hiring bodyguards.

"These laws, individually and together, force prostitutes to choose between their liberty interest and their right to security of the person," Himel wrote.

The government appealed, arguing in part last June that the laws are necessary to allow police to control street prostitution and to protect vulnerable women from harm at the hands of pimps. It also maintained that prostitutes make an economic choice they know is dangerous, and therefore have no constitutional protection for that decision.

Even Prime Minister Stephen Harper has weighed in.

"We believe that the prostitution trade is bad for society," Harper said after Himel's decision.

"That's a strong view held by our government (and), I think, by most Canadians."

Critics of the laws argued that scrapping them had the potential to save women from predators like serial killer Robert Pickton, convicted of murdering six Vancouver prostitutes. They also accused those who back the restrictions of fear-mongering.

The Christian Legal Fellowship, which intervened in the appeal, argued the provisions reflected society's views that prostitution "offends the conscience of ordinary Canadians."

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Ontario. Budget will include welfare freeze, McGuinty says

Ontario's cash-strapped Liberals are freezing welfare and delaying planned increases to the Ontario Child Benefit in Tuesday's budget to help slay a $16-billion deficit.

Social assistance, which includes Ontario Works and the Ontario Disability Support Program, will be frozen for one year, Premier Dalton McGuinty said Sunday.

The child benefit was supposed to rise from the current $1,100 a year per child to $1,310 a year in July 2013. Instead, it will be raised "in a more affordable way" — to $1,210 in 2013 and $1,310 in 2014, McGuinty said.

The one-year delay will save about $90 million next year, the government estimates.

"Others would make different choices," McGuinty said, noting that the previous Progressive Conservative government cut welfare by 22 per cent.

"We are not prepared to balance this budget on the backs of families who may find themselves in difficult circumstances for the time being, or on the backs of our children."

The New Democrats, who oppose the measures, wouldn't say whether it's a dealbreaker for them. NDP support for the budget is crucial for the minority Liberals to avoid an election, as the Progressive Conservatives have already signalled that they will oppose the budget.

THE CANADIAN PRESS

Cold cuts

- **Northlander train cancelled.** On Friday, the Liberals announced plans to wind down the Ontario Northland Transportation Commission — a move that could affect hundreds of workers in the north — and sell eight government buildings to free up more cash.
- **No coins in the slot.** The province also shut down slot machines at racetracks in Fort Erie, Sarnia and Windsor, throwing 560 people out of work.

Trump Tower. Downtown streets reopened after glass falls from hotel

Traffic was shut down at the intersection of Bay and Adelaide streets on Saturday after glass fell from the Trump Tower.

Police received reports of glass falling from the 65-storey luxury hotel at about 5:45 a.m.

The streets were closed as crews worked to make the area safe.

No injuries were reported.

Police believe the falling glass was a result of wind blowing loosened wires and scaffolding into one of the panels.

The tower, which opened on Jan. 31, is billed as the tallest residential building in Canada. It features both hotel rooms and condominiums.

TORSTAR NEWS SERVICE

Police believe the falling glass from Trump Tower was a result of wind blowing wires and scaffolding into one of the panels. STEVE RUSSELL/TORSTAR NEWS SERVICE

Jamie Bell playground

Man charged in playground fire

Christian Kupiecki, 19, of Toronto, faces charges of arson and attempt to obstruct justice in the fire that destroyed the Jamie Bell Adventure Playground, the beloved wooden play structure in High Park. It was set on fire in the early hours of Mar. 17. The community is collecting donations to finance a rebuilt park. Canadian Tire has chipped in $50,000 toward the cause, a spokesperson said.

TORSTAR NEWS SERVICE

Choppy flight

ORNGE copter lands in dog park

An ORNGE air ambulance made an emergency landing Friday night after one of its doors opened and a window blew out in midflight. The two pilots were forced to land in the middle of a dog park in Colonel Samuel Smith Park near the Humber College Lakeshore campus. Neither the pilots nor the two paramedics on board were hurt.

TORSTAR NEWS SERVICE

$100,000 club

Elite public-sector salaries still rising

The province's $100,000 club has grown 10 per cent in a year despite pleas for wage restraint from public-sector workers. Ontario's highest-paid employee — a hydro executive — earned $1.8 million. As the Liberal government tries to whittle down a $16-billion deficit, figures released Friday show that 78,901 public-sector employees have now crossed the benchmark set in 1996. TORSTAR NEWS SERVICE

Pelham Park

Man charged in west-end shooting

Toronto police have made an arrest in a west-end shooting that sent a man to hospital this week. Police say they found a man with two gunshot wounds to his lower body Tuesday night in the Pelham Park neighbourhood. They say gunfire was heard in the area at about 6 p.m. Cassius Bell, 23, has been charged with a number of assault and firearms offences.

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Family bids farewell to Mariam

Mourners paid their respects this weekend to Mariam Makhniashvili, the Toronto teen whose mysterious disappearance more than two years ago came to a sad conclusion late last month.

For many who gathered for Makhniashvili's funeral, the private ceremony brought some release after the long uncertainty surrounding her fate, and offered the first glimpse of the 17-year-old's life beyond the headlines.

"She was a very happy young girl, by the sounds of it, with many interests, be it literature, be it music," said Chris Parkin, a physical education teacher at Forest Hill Collegiate, where Makhniashvili briefly attended.

Lela Tabidze, mother of Mariam Makhniashvili, arrives at her daughter's funeral on Saturday. STEVE RUSSELL/TORSTAR NEWS SERVICE

"It was just nice, I think, for everyone and many of us who did not really know her to hear about that happy childhood," he said after the service.

About 60 mourners, including the choir from Forest Hill Collegiate, packed the chapel at the Murray Newbigging Funeral Home.

Makhniashvili's father, Vakhtang Makhniashvili, was unable to attend after prison officials denied his request for special permission. He is serving a six-year jail term for stabbing two people.

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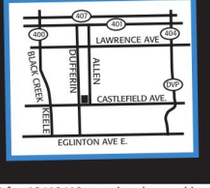

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New leader won't play Mr. Nice Guy

Layton's successor. Mulcair vows to match Conservatives for toughness and discipline as new NDP boss

The NDP hit the reset button this weekend, finally replacing the late Jack Layton with a permanent party leader who will provide shading and definition to Canada's 42nd parliament.

Thomas Mulcair steps into the gaping breach left when Layton succumbed to cancer less than four months after his party's electoral breakthrough.

Mulcair, a former Quebec Liberal cabinet minister, arrives just in time for the Conservatives to deliver Thursday's federal budget, their first as a majority and one expected to deliver sweeping changes.

And the new NDP leader paid his foes a singular compliment by suggesting the Conservatives' rigour needs to be emulated.

"Right now we're facing a government that's very tough, very well structured, and we've got to do the same thing," Mulcair told reporters on Sunday in his first news conference as NDP leader.

After seven months with the inoffensive caretaker Nicole Turmel leading the Opposition in the Commons, Mulcair brings a far more forceful — Tories say "vicious" — persona to the canvass.

THE CANADIAN PRESS

Fightin' words

"We've got to structure an official Opposition that will bring the fight to them like they've never seen before."

New NDP Leader Thomas Mulcair

Voting. Cyber-attack source not yet determined

The NDP has not called the police to investigate an orchestrated attempt to sabotage the electronic voting system the party used to choose a new leader.

But it's not ruling out the possibility once it unmasks the hacker responsible for the cyber-attacks.

"What we know is that there was an organized attempt to clog the site," said party president Rebecca Blaikie on Sunday. THE CANADIAN PRESS

A brief history of beards in politics

CHRIS YOUNG /THE CANADIAN PRESS

Mission Mulcair:

To beardly go where few have gone before

All but unremarked upon in the NDP's agonizingly slow — and consequently much-analyzed — choice Saturday of Montreal MP Thomas Mulcair to lead Her Majesty's loyal Opposition has been his facial hair. In an age of whiskerless political leaders, it's also something of an image gamble.

Last of the bearded PMs

1894

Not since Mackenzie Bowell in 1894 have Canadians had a bearded prime minister, and Bowell managed the feat without actually running for the office. The Conservative senator got the nod when then-prime minister John Thompson suddenly died. Bowell may not be an inspirational figure for Mulcair. Apart from his dramatic, spade-like facial hair, Bowell's two-year reign was notable for him being the only prime minister to be forced to resign by members of his own cabinet, which he labelled "a nest of traitors."

Quotable

"When I cut my beard off people say, 'Oh my gosh, Trudeau's back in politics.' I was no longer retiring, just because I'd cut my beard off."

Pierre Trudeau, who briefly grew a beard following an Arctic trek during his few months in opposition in 1979.

Just like Jack

A continual line of facial hair

But perhaps New Democrats are doing their own subconscious image channelling.

Their beloved late leader Jack Layton's thin moustache was something of a trademark, and he stubbornly refused to bow to whispers that it had to go.

The bearded Mulcair, it seems, is going to give it a shot. THE CANADIAN PRESS

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Beating death. Police investigate possibility it was a hate crime

San Diego police are investigating the possibility of a hate crime after a woman from Iraq was found beaten next to a note that said "go back to your country."

Hanif Mohebi, the director of the San Diego chapter of the Council on American-Islamic Relations, said Shaima Alawadi was taken off life support Saturday afternoon.

"The family is in shock at the moment. They're still trying to deal with what happened," said Mohebi.

Alawadi, a 32-year-old mother of five, had been hospitalized since her 17-year-old daughter found her unconscious in the dining room of the family's suburban San Diego house on Wednesday, police said.

"A hate crime is one of the possibilities, and we will be looking at that," Lt. Mark Coit said. "We don't want to focus on only one issue and miss something else."

Police said the family found a similar note earlier this month but didn't report it.

The daughter, Fatima Al Himidi, said her mother had been beaten on the head repeatedly with a tire iron, and that the note said "go back to your country, you terrorist."

Addressing the camera, the tearful daughter asked: "You took my mother away from me. You took my best friend away from me. Why? Why did you do it?"

The family had lived in the house for only a few weeks after moving from Michigan. They had been in the U.S. since the mid-1990s.

THE ASSOCIATED PRESS

More facts

- **First threatening note.** Daughter said her mother dismissed it as a "child's prank."
- **Hijab.** Alawadi wore the traditional hijab, a head scarf.
- **Husband not home.** A family friend, Sura Alzaidy, said the attack occurred after the father took the younger child to school.

Pope arrives for mass in Mexico wearing sombrero

Pope Benedict XVI waves from the popemobile as he arrives to say mass in Bicentennial Park near Silao, Mexico, yesterday. The pontiff urged Mexicans to wield their faith against poverty and drug violence, telling hundreds of thousands of worshippers in the open-air mass that they would find hope if they purify their hearts. The 84-year-old pope is headed to Cuba today.

EDUARDO VERDUGO/THE ASSOCIATED PRESS

Archaeology. Six-decade hunt for Peking Man fossils may be over

The memories of a Second World War-era marine have renewed hopes of solving one of the greatest archaeological mysteries — the whereabouts of the lost Peking Man fossils.

In the March edition of a scientific journal published by Johannesburg's University of the Witwatersrand, renowned South African paleontologist Lee Berger and two Chinese colleagues say the fossils may be lying under a parking lot in China's northern port city of Qinhuangdao, where the marine said he saw two crates of bones in 1947.

Richard M. Bowen described the sighting in memoirs being compiled by his son.

The fossils, found a century ago and believed to hold a key to studies of early mankind, disappeared at the outbreak of the war in the Pacific while destined for safe keeping in the U.S.

What Bowen saw in 1947 might have been the fossils at U.S. Camp Holcomb.

Bowen told his son about how he dug up wooden crates of relics and used them as a machine-gun nest when the base came under attack.

THE ASSOCIATED PRESS

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ADVERTISING FEATURE

How much is your insurance loyalty costing you?

Consumers shouldn't let loyalty get in the way of savings

Yes it's true, insurance costs seem to be rising everywhere you look and like most consumers, you worry that switching insurance companies means losing your "loyalty discount." The truth is that switching insurance companies may cause you to lose your loyalty discount (if you had one in the first place), but that doesn't necessarily mean you'll pay more for car insurance or that you can't save a bundle in the end. The fact is, some insurance companies may provide a small discount on your premium if you've been with them for a long time – but that small discount can quickly become irrelevant if another company has a rate for you that is significantly less than what you're currently paying. After all, what good is 5% off of an annual rate of $1,500 (a $75 savings) if you could pay $1,100 (a $400 savings) with another company?

The rates charged by different insurance companies to insure the same driver, with the same car, for the exact same coverage, can vary by hundreds and even thousands of dollars. And with so many insurance companies providing car insurance in Ontario, odds are you are not currently insured with the company that offers the best rate for your driving profile. Insurance quoting sites like InsuranceHotline.com can help by providing an independent, unbiased rate comparison from its network of over 30 insurance companies to find you a lower rate available for your profile.

Sadly, the misguided fear of repercussions from their current insurer is what keeps many consumers from taking action and shopping around. The truth is that your insurance company has no way of knowing if you are shopping around for a better rate. In fact, even if they did know you were checking out your options, you cannot be penalized in any way for trying to find a better deal. So don't let loyalty get in your way of shopping for a lower insurance rate.

Have you lost faith in your current insurance provider? Now save hundreds – even thousands – by shopping around for auto insurance. All without affecting your coverage. We've harnessed the search power of the internet to offer you choice. It's fast, free and easy to use, with absolutely no obligation. Then your loyalty can be requited.

InsuranceHotline.com
"We search. You save."

New depths. James Cameron dives to deepest spot on Earth

Hollywood icon James Cameron has made it to Earth's deepest point.

The Canadian director of Titanic, Avatar and other films used a specially designed submarine to dive nearly 11 kilometres, completing his journey a little before 8 a.m. Monday local time, according to Stephanie Montgomery of the National Geographic Society.

He planned to spend about six hours exploring and filming the Mariana Trench, about 320 kilometres southwest of the Pacific island of Guam.

His arrival at a depth of 10,898 metres came early Sunday evening on the U.S. East Coast, after a descent that took more than two hours. The scale of the trench is hard to grasp — it's 120 times larger than the Grand Canyon and 1.6 kilometres deeper than Mount Everest is tall.

Cameron made the dive aboard his 12-ton, lime-green sub called Deepsea Challenger. He planned to collect samples for biologists and geologists to study. THE ASSOCIATED PRESS

Risk

10.9

One of the risks of a dive so deep is extreme water pressure. At 10.9 kilometres below the surface, the pressure is the equivalent of three SUVs sitting on your toe.

Show of support for slain teen

Patrick Mulchay, centre, joins other congregants in song during a service at Middle Collegiate Church in New York on Sunday. Churchgoers were invited to wear hoodies to services to show their support for justice in the case of Trayvon Martin, an unarmed black teenager who was wearing a hoodie on the night he was killed by a neighbourhood-watch captain in Florida. SETH WENIG/THE ASSOCIATED PRESS

7.1-magnitude. Powerful quake rattles central Chile coast

A magnitude-7.1 earthquake struck central Chile Sunday night, the strongest and longest that many people said they had felt since a huge quake devastated the area two years ago. There were no immediate reports of deaths or major damage.

The quake struck at 7:30 p.m. about 27 kilometres north-northwest of Talca, a city of more than 200,000 people where residents said the shaking lasted about a minute.

Buildings swayed in Chile's capital 219 kilometres to the north, and people living along a 770-kilometre stretch of Chile's central coast were briefly warned to head for higher ground.

Residents were particularly alarmed in Constitucion, where much of the coastal downtown at the mouth of a river was obliterated by the tsunami caused by the 8.8-magnitude quake in 2010.

Panic also struck in Santiago and other cities, with people running out of skyscrapers, and many neighbourhoods were left partly or totally without electrical power. Phone service was disrupted by heavy use.

"There are some injuries but nothing serious," said Interior Minister Rodrigo Hinzpeter, who was serving as acting president while Sebastian Pinera is on tour in Asia. THE ASSOCIATED PRESS

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To infinity and beyond

In honour of Metro's new contest — where one lucky reader will win a trip to space (no joke! Details at metroinspace.com) — we rounded up six other unexpected things that have made it into orbit. You could be next!

METRO WORLD NEWS

1 A lightsaber

Luke Skywalker's, to be exact. In 2007, to commemorate Star Wars turning 30, NASA took a replica from Return of the Jedi on the Space Shuttle Discovery. According to reports, the force was strong with that flight.

2 Fruit flies

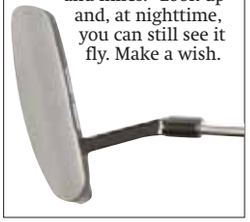
You've never been to space. But somehow, all of the following did get to go: Monkeys, mice, dogs, rats, cats, flour beetles, wasps, a tortoise, meal worms, bullfrogs, fish, spiders, newts, chicken embryos, snails, crickets, sea urchins, bees, ants, hissing cockroaches (what!?!) and butterflies.

3 Legos

Back in December, a Romanian teenager built a shuttle out of Legos and sent it so high (from Germany), ice particles formed on the nose (go to metronews.ca watch the video). It got just to the edge of space before crash landing. Also, just this January, two teens in Toronto sent a Lego man soaring 80,000 feet. But neither of them got as high as Juno, Galileo Galilei and Jupiter, three Lego figurines sent on a NASA probe Aug. 5.

4 Golf club

Who was the first person to hit a golf ball on the moon? Astronaut Alan Shepard, in 1971. The two drives sent the ball "miles and miles." Look up and, at nighttime, you can still see it fly. Make a wish.



5 Scottie from Star Trek

Well, he almost made it. After his death in 2005, actor James Doohan, a.k.a. "Beam Me Up" Scottie, requested a portion of his ashes sent to space. But on the third try, the rocket carrying it exploded over the Pacific Ocean.

6 Buzz Lightyear

To infinity and … et cetera. The Toy Story hero was the eighth astronaut on a Discovery mission to the International Space Station, back in 2008. He lived there for six months, appearing in videos to teach kids about, what else, the "beyond."

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Privacy. U.S. senators want probe into Facebook rights

Two U.S. senators are asking Attorney General Eric Holder to investigate whether employers asking for Facebook passwords during job interviews are violating federal law, their offices announced Sunday.

Troubled by reports of the practice, Democratic Sens. Chuck Schumer of New York and Richard Blumenthal of Connecticut said they are calling on the Department of Justice and the U.S. Equal Employment Opportunity Commission to launch investigations. The senators are sending letters to the heads of the agencies. THE ASSOCIATED PRESS

Facebook reacts

On Friday, Facebook warned employers not to ask job applicants for their passwords to the site so they can poke around on their profiles.

- **The company threatened** legal action against applications that violate its long-standing policy against sharing passwords.

Toulouse gunman's brother hit with preliminary charges

Demonstrators hold a giant French flag as they attend a march in memory of the victims of Mohamed Merah, in Paris Sunday. THIBAULT CAMUS/THE ASSOCIATED PRESS

France. Officials launch formal investigation into older brother of Mohamed Merah, who was shot dead by police last week

A Frenchman suspected of helping his brother plot attacks against Jewish schoolchildren and paratroopers has been handed preliminary murder and terrorism charges.

But Abdelkader Merah denied any role in the attacks. Investigators looking into France's worst terror attacks in years believe Merah helped his brother Mohamed prepare the killings, and are investigating whether they were linked to an international network of extremists or worked on their own.

Abdelkader's lawyer said he feels like "a scapegoat."

"No one knew anything" about what Mohamed was plotting, lawyer Anne-Sophie Laguens told reporters in Paris on Sunday.

Mohamed Merah, 23, claimed responsibility for killing three Jewish schoolchildren, a rabbi and three paratroopers earlier this month. After a 32-hour standoff with police, he died Thursday in a hail of gunfire as he jumped out a window of his apartment in the southern city of Toulouse.

Since then, attention has focused on his older brother Abdelkader Merah, who was handed preliminary charges on Sunday of complicity to murder and theft, and involvement in a terrorist enterprise, prosecutors said. Detained last week, he will remain in custody pending further investigation.

Preliminary charges under French law mean there is strong reason to believe a crime was committed, but allow magistrates more time to investigate. THE ASSOCIATED PRESS

Denial

"He was never proud of those actions."

Lawyer Anne-Sophie Laguens, dismissing reports that Abdelkader Merah had praised his brother's attacks

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Anti-Putin rally

Russian police detain opposition protesters

Police in St. Petersburg have detained more than 10 protesters who tried to march down the Russian city's main avenue following an opposition rally.

Several hundred people took part in Sunday's rally in St. Petersburg to express their opposition to Prime Minister Vladimir Putin, who in May will begin a new six-year term as president. THE ASSOCIATED PRESS

Radiation therapy

Hugo Chavez in Cuba for cancer treatment

Venezuelan President Hugo Chavez said Sunday that he has begun radiation therapy in Cuba as part of cancer treatment one month after undergoing an operation that removed a tumour.

Chavez said in a phone call broadcast live on Venezuelan television that he had his first radiation session after he arrived late Saturday. He said that would be the first of five daily treatments. THE ASSOCIATED PRESS

Canada faces long, tough talks with Japan: Experts

Prime Minister Stephen Harper delivers a joint statement with Japanese Prime Minister Yoshihiko Noda in Tokyo Sunday. THE CANADIAN PRESS

Free trade. Harper predicts an economic partnership would bring a bonanza of economic opportunity

Prime Minister Stephen Harper hailed the opening of free trade talks with Japan on Sunday as a "historic opportunity" while economic experts warned of the perils of opening borders to the world's third largest economy.

Harper estimated Canadian exports to the island nation could increase by two-thirds and pledged to do what he could to protect sectors that might be in danger.

Trade potential

"The potential for increased trade ... is really enormous."

Prime Minister Stephen Harper at a media availability following one-on-one talks with Japan's Prime Minister Yoshihiko Noda

To do that, trade experts say Canada will have to up its game because the Japanese are tough, skilled negotiators, and probably the most formidable the Harper government has faced since it launched its ambitious series of bilateral negotiations.

Gordon Houlden, a trade expert and former government official, warned not to expect a quick agreement and predicted that one of Canada's main objectives — gaining greater access to the Japanese agriculture market — will face stiff opposition.

"Agriculture … is super-protected and has an almost mystical status," he said.

Japan's Prime Minister Yoshihiko Noda told a joint news conference that Japan was interested in increasing investment in Canada's natural gas sector.

He also announced the two countries will pursue enhanced defence and security co-operation, including the establishment of a small supply base the Canadian military could use in emergencies. THE CANADIAN PRESS

Old Age Security

Changes expected to hit provinces

Analysts say expected changes to Canada's Old Age Security (OAS) program will mean higher costs for the provinces, territories and municipalities.

Phased-in changes to the taxpayer-funded retirement program are expected to be outlined in this weeks' federal budget.

The changes are widely expected to include raising the eligibility age for OAS benefits by two years, to 67.

Carleton University professor Allan Maslove says such a move will force other levels of government to top up social program supplements for low-income earners.

He calls it downloading by stealth.

Federal officials acknowledge the changes will impact the provinces and territories, as well as businesses. THE CANADIAN PRESS

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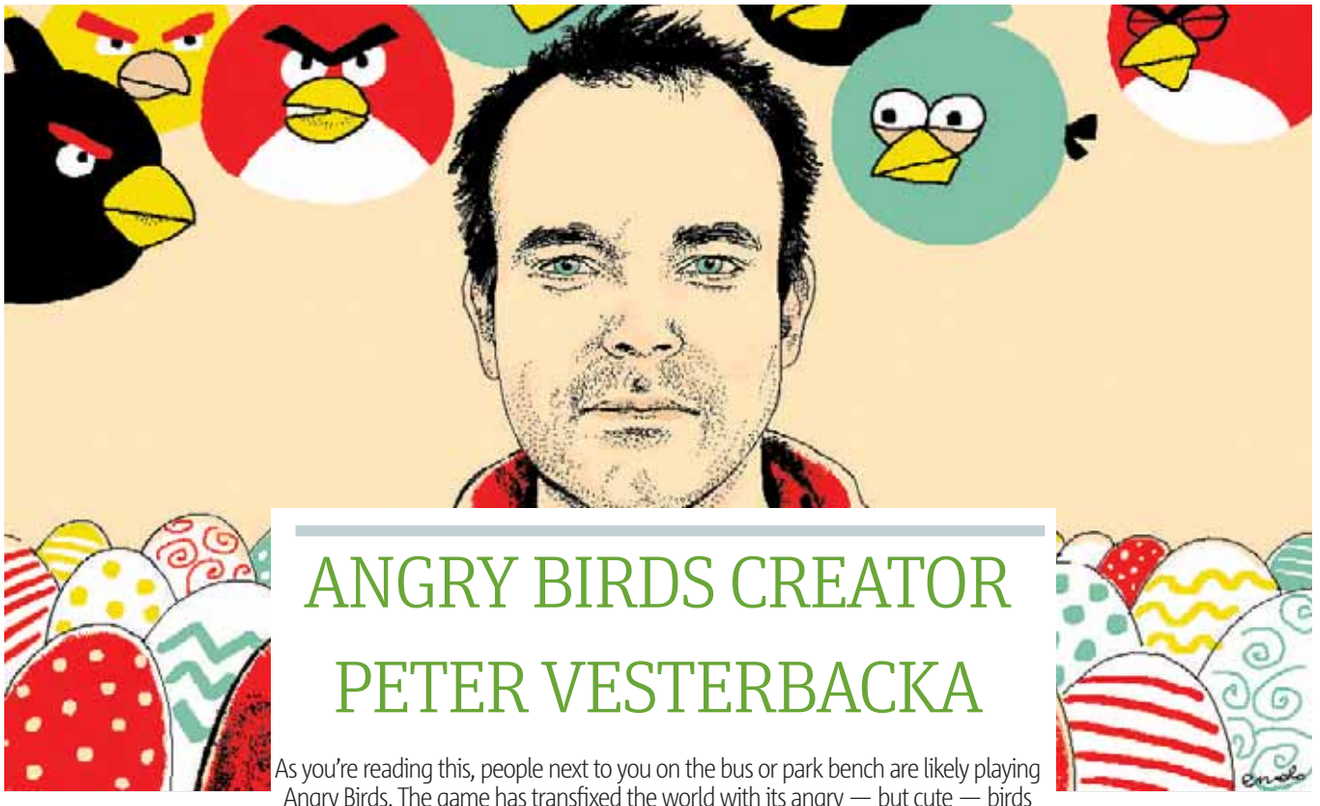

ANGRY BIRDS CREATOR PETER VESTERBACKA

As you're reading this, people next to you on the bus or park bench are likely playing Angry Birds. The game has transfixed the world with its angry — but cute — birds catapulting pigs. A new game is based in space. But Peter Vesterbacka, Angry Birds' creator, aims even higher: he wants to get the whole world exercising — with Angry Birds, of course.

ELISABETH BRAW
Metro World News

Peter Vesterbacka is known as Mighty Eagle, and he's the guru behind the Angry Birds games. Metro met Vesterbacka, who was, as usual, clad in an Angry Birds hoodie, at the Finnish Embassy in London.

Extremely busy people spend hours playing Angry Birds. What does that tell you about human psychology?

Everybody is busy nowadays. Angry Birds is a break that allows you to get away, even if it's just for a few minutes, so they can then get back and focus on their task. It's a very healthy habit. It's like vacations: people in Nordic countries take long vacations, but when they work their productivity is very high. Angry Birds, and vacations, is like doing maintenance on yourself.

"GAMES ARE GOOD FOR YOUR BRAIN"

Recently, a magazine calculated that Angry Birds costs the U.S. $1.5 billion in lost productivity each year. Do you feel guilty about that?

That's bullsh-t. ...It's not like people are always working. Look at the proportions. People play Angry Birds for perhaps two hours a month — but they spend 158.5 hours per month watching TV. And when you watch TV you lean back and watch the screen. When you play Angry Birds you lean forward and engage your brain. You're active, not passive.

So Angry Birds is not a waste of time but a way of re-charging one's brain?

Absolutely. Playing games is actually a very good thing to do. Do you know why in Finland boys speak better English than girls? Because they play more games, and the games are in English. There's no reason why you shouldn't make learning fun, and games like Angry Birds do that. Incidentally, it's the same reason we're launching the Angry Birds activity parks: why not make physical activity fun? You can go for a five-kilometre run, which is fine, but not everyone thinks it's fun. With our activity parks we want to make physical activity a fun thing to do. We want the Angry Birds activity parks to be all over cities, all over the planet, so you can easily walk or ride your bike to one.

What kind of marketing will you use?

We don't spend any money on traditional advertising. We're all about doing special events, like launching Angry Birds Space in space with NASA. No other game has ever been launched in space. We thought, "Why not?" And, of course, working with NASA means that Angry Birds Space is also very educational. Angry Birds now has the best-selling physics book on Amazon.

What inspires you?

The secret is that you have to be a bit crazy. We want to change the world, and you have to be a bit crazy to believe that you can. A lot of people thought we were crazy when we said we wanted to get 100 million downloads, but we now have 700 million downloads.

The sequel

The latest sequel, Angry Birds Space, arrived last week and is already the No. 1 paid app on iTunes.

Here's what's new:

- "We retain many of the core elements of the familiar game that fans already know and love, but take it to the next level by adding innovative elements like zero-gravity and new characters...From the weightlessness of space to the gravity wells of nearby planets, fans can have fun with physics," says Petri Järvilehto, executive vice-president of games at Rovio Entertainment.
- "You have to think about how to make the birds go around the planets and hit the pigs," adds creative director Peter Vesterbacka. "There are some elements that are very familiar, but it's also a new take on the classic Angry Birds game."
- Angry Birds Space features 60 levels and a new bird.

The Stats:

- In 2011, 30 million people played Angry Birds a day, and 130 million people played it monthly. That's 109.5 billion minutes per year.
- The game has been downloaded more than 500 million times across various platforms in less than two years. They hope to reach 800-million downloads thanks to the new Facebook version of the game.

MICHELLE CASTILLO/MWN

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Local GPS app. Poynt looks to expand market into India, China

Having established itself as a popular and handy app for millions of mobile users in North America and elsewhere, Calgary-based Poynt is now focusing its efforts on the massive markets of India and China.

Poynt, available on a wide variety of Apple, Google Android, Microsoft Windows, Nokia and RIM phones and tablets, is a local search app that uses a device's GPS locator to direct users to nearby businesses, bars, gas stations and restaurants.

THE CANADIAN PRESS

Bright idea

"The idea was to put the Yellow Pages in your phone so you could find what you needed, when you needed it, where you needed it."
Andrew Osis, Poynt CEO

THERE'S NO EASEL WAY OUT IN ART BATTLE

URBAN COMPASS
Lia Grainger
toronto@metronews.ca

Picture a painter at work.

Chances are, the image you've conjured in your mind is that of a solitary creative pursuit — an artist standing in front of a canvas in her quiet studio, far removed from the scores of critical eyes that will judge the finished piece once it hangs in the gallery.

Nothing could be further from the truth at Art Battle. The live competitive painting event has taken over Toronto's Great Hall on Queen Street West about once a month since October 2009.

It's a loud, raucous and highly competitive event that pits artist against artist in 15- to 25-minute contests to see who can produce the most desirable work of art.

Tomorrow night's match promises to be no different.

"It just keeps getting bigger," says co-creator Chris Pemberton with a smile. We spoke at the most recent battle, a special Leap Year edition held this past Feb. 29.

He clutches a microphone and paces the crowd of 300, who eagerly gather around the cluster of easels facing each other in the centre of the spot-lit floor.

Throw down on canvas

"It's a loud, raucous and highly competitive event that pits artist against artist in 15- to 25-minute contests to see who can produce the most desirable work of art."

"10, 9, 8, 7…" — Pemberton leads the crowd in a countdown — "3, 2, 1… Let's paint!"

The beats blare, and eight artists begin frantically laying down colour on canvas. Once the 25 minutes are up, those in attendance vote on a favourite, a winner is declared, and all the paintings are offered up for sale in a silent auction.

Any art that hasn't been purchased by the end of the evening is destroyed, often in a highly theatrical manner (think chainsaw).

Results vary wildly. A soft abstract floral arrangement sits next to a Robert Indiana-esque text-based work in brash primary colours. Next to that, a painting of a skull.

Many of the artists are invited by Pemberton and co-creator Simon Plashkes, but there is also usually space reserved at the easel for those who show up with the desire to put their creative process on display. And for West Coast artists, the contest recently made its debut in Vancouver, where battles are co-produced with the help of local art space Raw Canvas (the next battle there will be April 3).

"We're trying to create a national conversation about what makes good art," says Plashkes. Thanks to Art Battle, everyone's talking.

Art Battle 24 takes place Tuesday, April 27 at 7:30 p.m. at The Great Hall, 1087 Queen Street West.

For more information visit Artbattleto.com.

Patrons check out the paintings at Art Battle Leap Year. ALEX JONES/FOR METRO

Irises of sapphire and gold

LORRAINE HUDGINS/REX FEATURES

Eye dandy

Bi-coloured eyes key to kitty's charm

For lovers of cutesy, quirky animals, all eyes are on Speedy the Cat — the white cat born with one blue eye and one gold. This kitty has a feline form of complete heterochromia, a condition that also occurs in some other animals. Graphic designer Lorraine Hudgins, shown at right, took this snap at her workplace. MWN

Nice! But I'm allergic

Is this odd-eyed cat yours?

No, she belongs to the owners of the print shop where I work. I thought she would make a good subject for a photograph, so one day I brought in my camera to take some snaps of her. She's very sweet-tempered but does meow loudly when she wants something — probably because she can't hear herself, as she is deaf.

A deaf pet? Does that not make her a less pleasant companion?

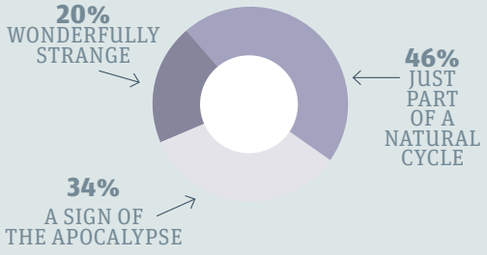
Speedy's deafness and eye condition don't make her any less of a pet. It depends on each animal how valuable they are, but in Speedy's case, she's such a special character! She's a sweetheart, even though she does make me sneeze, as I am allergic! ANTHONY JOHNSTON/MWN

Heterochromia

- **Lack or excess of pigment.** Heterochromia is a genetic condition that stops melanin pigment from reaching one of the irises; the condition can also supply excess pigment.
- **Cats and dogs affected.** The condition most commonly affects white cats with the white spotting gene. White cats with one or two blue eyes are more predisposed to genetic deafness. The disorder is more likely in huskies than in any other animal.

Panel Register at metropolitanpanel.ca and take the quick poll

The unusually warm weather across the country is:



Twitter

@JimCameron
Just arrived at the ocean's deepest pt. Hitting bottom never felt so good. Can't wait to share what I'm seeing w/ you @DeepChallenge

@ktaborn
James Cameron reaches an all time low & Mad Men might reach an all time high. Now I know how extremophiles feel. @MadMen < @JimCameron

@averyada
Congrats @JimCameron So happy for you! New Avatar footage and new species for viewing!

@rdrlaw
The more I listen to Thomas Mulcair, the more I think he's a closet Liberal. Maybe it's just me.

@michaelWvans
mimico obsession is continuing. i still cant get over the 501 bringing me here. it doesn't make sense! #Toronto #TTC #Topoli

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2

SCENE

Top 10

Weekend box office

1. The Hunger Games, $155 million.
2. 21 Jump Street, $21.3 million ($5.3 million internationally).
3. Dr. Seuss' the Lorax, $13.1 million ($5.5 million internationally).
4. John Carter, $5 million ($22.2 million internationally).
5. Act of Valor, $2.1 million.
6. Project X, $2 million.
7. A Thousand Words, $1.9 million.
8. October Baby, $1.7 million.
9. Safe House, $1.39 million ($2.3 million internationally).
10. Journey 2: The Mysterious Island, $1.37 million.

HOLLYWOOD.COM

On the Web

Rare movie posters found in Pennsylvania attic fetch $503,000 at auction; Dracula tops list

5 teenage movie bad-asses we love to root for

Jennifer Lawrence already proved in 2010's Winter's Bone that she could play a girl with strength, wisdom and survival instincts beyond her years. Her performance made her the ideal choice to play Katniss Everdeen, the 16-year-old heroine of The Hunger Games. Here's a look at five other teenage movie bad-asses — if you're not too intimidated to take them on, that is.

CHRISTY LEMIRE/THE ASSOCIATED PRESS

1 'The king of Hogwarts'

Daniel Radcliffe in the Harry Potter movies: He defeats pure evil. What more do you need?

Sure, he starts out as a slightly nerdy, insecure 11-year-old, living a miserable life underneath the stairs at his aunt and uncle's house, unaware of the greatness that dwells within him.

But by the time he hits his teenage years, he's mastering spells and brandishing his wand with purpose and ferocity. He's the king of Hogwarts. Professors admire him. Friends are loyal to him. Chicks dig him. Everyone knows his name — including Lord Voldemort, who could be using his destructive powers in myriad other ways, but instead chooses to focus them on our young hero. And he probably wishes he hadn't.

Harry thinks on his feet and conquers every challenge but still remains a good kid at heart.

Daniel Radcliffe in Harry Potter CONTRIBUTED

2 The blonde arctic warrior

Saoirse Ronan in Hanna (2011): Ronan re-teams with Joe Wright, who directed her to an Oscar nomination for Atonement, in a role that could not be more different, or more challenging.

She stars as the title character, a blonde-haired, blue-eyed, 16-year-old killing machine.

Living with her father (Eric Bana) in a rustic cabin in a remote and unforgiving forest just below the Arctic Circle, she learns to hunt, fight and speak in various languages.

Their hand-to-hand combat scenes are quick, intense, visceral — until one day she tells him, "I'm ready."

Upon embarking on the journey that's her destiny, she gets captured by government agents who think she's a shy and sheltered little girl.

But, uh ... they're wrong. Even Cate Blanchett in fierce Prada heels can't stop her.

Saoirse Ronan in Hanna CONTRIBUTED

3 Teen loner turned detective

Joseph Gordon-Levitt in Brick (2005): I must admit I did not love this movie, a 1930s-style film noir set in a contemporary Southern California high school, when it first came out. I admired how daring it was, but found it too self-conscious ... maybe I should revisit it.

Still, I always loved Gordon-Levitt's performance as Brendan, a teenage loner who's investigating the murder of one of his classmates.

In the tradition of classic Humphrey Bogart characters, Brendan's looks in no way indicate what he's capable of doing as he digs closer to the dangerous truth.

He's slight, fine-featured and messy-haired, perennially dressed in a simple, grey hooded sweat shirt.

But he's quick-witted and he can take a punch (the frequency with which he gets his butt kicked is comical), all of which he's willing to do for this doomed woman he loved.

Joseph Gordon-Levitt in Brick CONTRIBUTED

4 Sean Penn as a loveable stoner

Sean Penn in Fast Times at Ridgemont High (1982): No matter how many roles Penn immerses himself in or Oscars he wins, he will always be Jeff Spicoli to me.

Spicoli totally knows how to navigate the system. He orders pizza in Mr. Hand's class — 'cause there's nothing wrong with a little feast on our time — trashes a sports car and turns it into a positive for the school's football team, has fun at all the joiner activities like dances and games but still remains blissfully, obliviously cool and above the fray.

Of course, he's high the entire time — and we would never condone drug use here in the Five Most space — but Spicoli does graduate.

And he saves Brooke Shields from drowning.

Sean Penn, left, in Fast Times at Ridgemont High CONTRIBUTED

5 Pioneer power in pigtails

Hailee Steinfeld in True Grit (2010): Her pigtails and her purity make her adorable, but her strong will and resourcefulness make her a force to be reckoned with.

Steinfeld made her astonishingly self-assured film debut as Mattie Ross, the 19th-century pioneer girl who sets the story's action in motion, and earned an Oscar nomination for best supporting actress in the process.

She was only 13 when she shot the movie, and to say she holds her own with Jeff Bridges, Matt Damon, Josh Brolin and the rest of the cast would be an understatement.

She dominates the Coen brothers' film — carries it, practically — handling the difficult language as well as the physical challenges with equal aplomb.

Hailee Steinfeld, right, in True Grit CONTRIBUTED

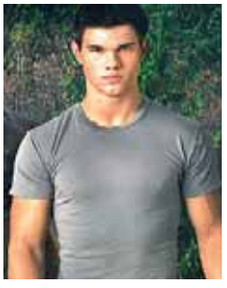
Hunger takes aim at top box office

Here's a look at the top-grossing weekend openings in the U.S. of all time, from Twilight to Harry Potter. So where does the highly anticipated release of The Hunger Games fit in?

METRO / THE ASSOCIATED PRESS

$138.1 million

The Twilight Saga: Breaking Dawn Part 1
The beginning of the end of the beloved Twilight series drew a record number of fans to the theatres, many of whom were excited to see the much-anticipated wedding scene between Bella and Edward.



$142.8 million

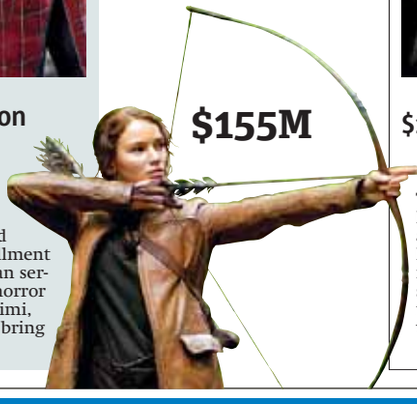
The Twilight Saga: New Moon
Want to watch a love triangle between a human, a werewolf and a vampire? "Sign me up please!" said thousands of Twilight fans on opening weekend.

$151.1 million

Spider-Man 3
Despite being a giant let-down for fans of the comic books and films, this installment of the Spider-Man series, helmed by horror director Sam Raimi, was still able to bring in big bucks.

The Hunger Games has filled fan appetites with a $155 million opening weekend that puts it near the top of the U.S. record

The huge haul marks the third-best debut ever in terms of revenue, behind the opening for last year's Harry Potter finale and 2008's The Dark Knight.



$155M

$158.4 million

The Dark Knight
The hype of Heath Ledger's last performance and director Chris Nolan's good track record with the Batman series drew fans to the theatres, and they weren't disappointed.

169.2 million

Harry Potter and the Deathly Hallows
Muggles united at the movies to say goodbye to the boy wizard and his friends in the final installment of the Harry Potter series.

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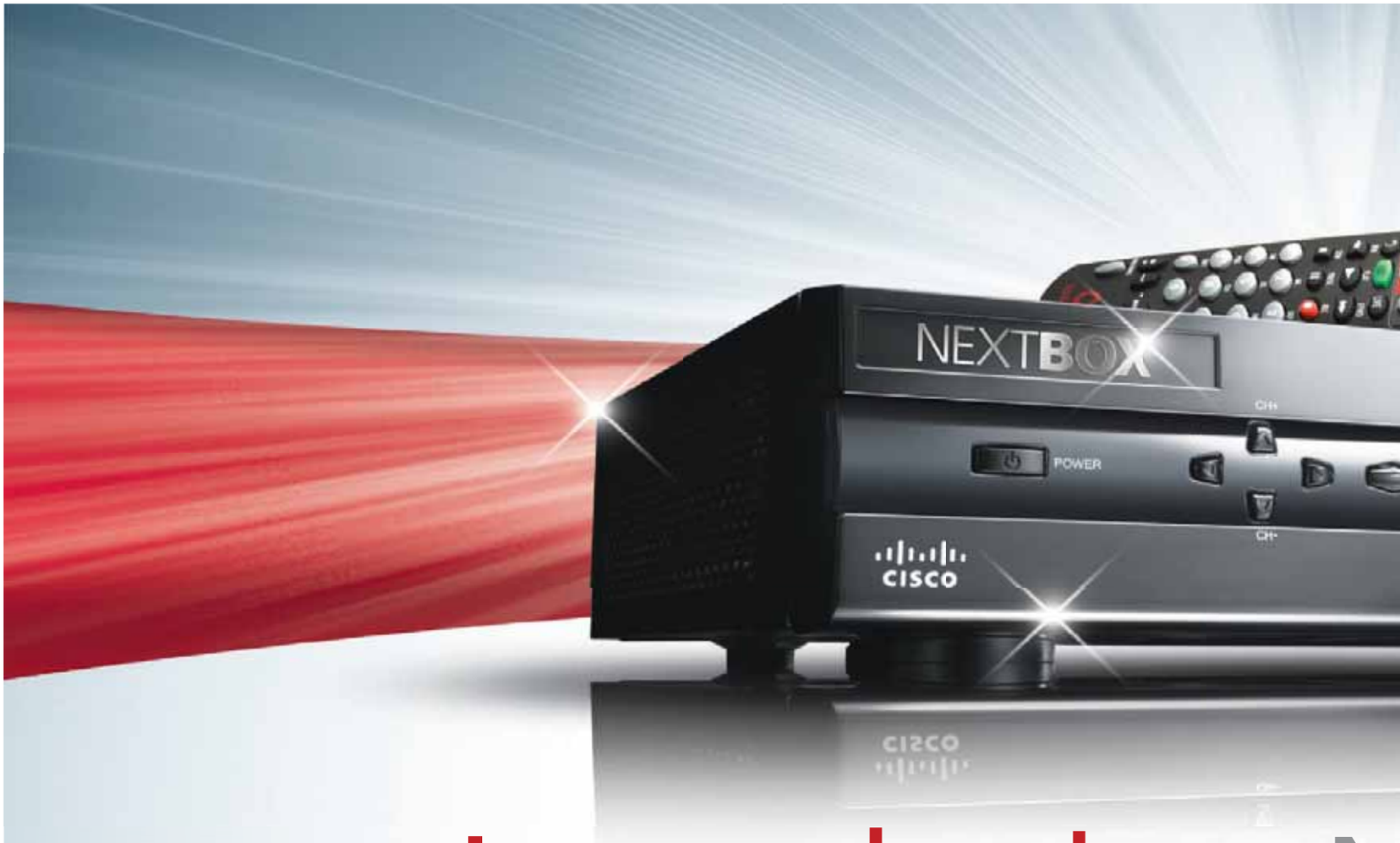

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INTRODUCING NEXTBOX 2.0 FROM ROGERS

Wrath of the Titans opens in theatres this Friday. HANDOUT

Rise of Rosamund: from Bond girl to Queen Andromeda

Wrath of the Titans. Veteran actress has maintained a career that veers between literary works and muscular pulp fictions

CHRIS ALEXANDER
scene@metronews.ca

Critics may have crushed Louis Letterier's massive-budgeted revisit of early '80s gods and monsters in Clash of the Titans, but cinema goers ensured that it cut through the box office like the sword of Perseus across Medusa's neck.

Still, when it came to dipping their chalice into the mythical well again with the follow-up Wrath of the Titans, Warner Brothers insisted on a few adjustments.

For one, a different director was placed at the helm (Jonathan Liebesman). For another, the lackluster converted 3D of the first was replaced with a much more advanced, effective process.

And interestingly a key member of the cast, the character of Princess (now Queen) Andromeda, was re-cast with classically trained — and classically beautiful — actress Rosamund Pike.

"In Clash (Andromeda) was tied up to be sacrificed to a monster all because of something her mother said, an offending phrase, (and) she had to be rescued," Pike says. "So now she's much different. She's not a victim and refuses to be one."

Already a veteran of U.K. television and trained in the art of the Bard, Pike found Hollywood fame when she was cast as a Bond Girl in 2004's Die Another Die. From there she has maintained a fascinating career that veers between literary works like Barney's Version and muscular pulp fictions like Doom and now Wrath of the Titans.

Action films

"It's total chaos, it fires up all your senses."

Actress Rosamund Pike, on making Wrath of the Titans

"Barney's Version was lots of fun. It was such rich material," Pike recalls of the experience making the Canadian drama based on the beloved novel by Mordecai Richler.

"But moving from that to the action world especially in a film like Wrath of the Titans, it's total chaos, it fires all your senses as opposed to your mental and intellectual faculties. You're thrown into a maelstrom and you're trying to run from point A to B. There's sort of a primitive skill that's required."

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PURPLE DAY FOCUS

PURPLE DAY FOR EPILEPSY AWARENESS

One in 100 people in this city have epilepsy. Some have seizures that are well controlled; others, frequent and unrelenting. All, however, would probably tell you that the worst part of the experience is not the seizures at all, but misinformed attitudes and stigma that surround the disorder.

Cassidy Megan

Nine-year-old Cassidy Megan believed, deep in her heart, that no one should be made to feel different or outcast because of their epilepsy. That's why she invented Purple Day, inviting all her classmates to wear purple one day a year as a show of solidarity to people with epilepsy everywhere — so they no longer feel alone in the world. And wear purple they did! First her classmates, then her entire school, then dozens of schools from far and wide. Word spread, and in three short years, thousands upon thousands have taken up the purple challenge at schools and workplaces and communities throughout the nation, across North America and in more than 100 countries spanning the globe. It is a veritable purple tide.

Roses may be red and violets blue, but epilepsy is, forevermore, PURPLE. March 26 is Purple Day.
www.purpleday.org

TAKE THE PURPLE DAY CHALLENGE

Wear something purple today. Help promote epilepsy awareness.

If epilepsy has touched you or someone in your family, we'd love to hear from you. **Take a moment to share with us your story.** No one understands as well as you, and it will help many to feel a little less alone.

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LIVING WITH EPILEPSY — A PERSONAL STORY

I EXPERIENCED MY FIRST SEIZURE ALMOST 11 YEARS AGO WHEN I WAS PREGNANT WITH MY SECOND CHILD

I was distraught with the news that came a few months later. I had epilepsy.

As the seizures persisted, I lost many of the friends that I usually socialized with after work. Some found excuses, others said they were afraid I would have an 'episode'. The social isolation was very tough, especially for me, being a new mother.

Taking care of my children was my biggest priority. It was difficult for my children to witness my many seizures. Sometimes I had six per day. At times I was unable to conduct a proper conversation with them and to go out to the places they enjoy, because I feared I might have a seizure.

My safety was always a concern. From making a simple trip to a grocery store, taking a long anticipated family vacation or just preparing a meal for my family, epilepsy threatened to rob me of the simple joys of life that others take for granted. I became angry, hurt and depressed. I wondered how I was going to cope with all the changes I would have to make in my life.

A major breakthrough came when my doctor referred me to Epilepsy Toronto. They were able to provide a safe environment for me where I could freely express my feelings and concerns without being judged, embarrassed or worried if I had a seizure.

Living with epilepsy is not always easy and I have hit many roadblocks along the way. At one point, I began to experience such harsh effects from some of the epilepsy medications that sometimes I was unable to recognize my own children.

Today, my seizures are controlled. I have perhaps two a month. It is my

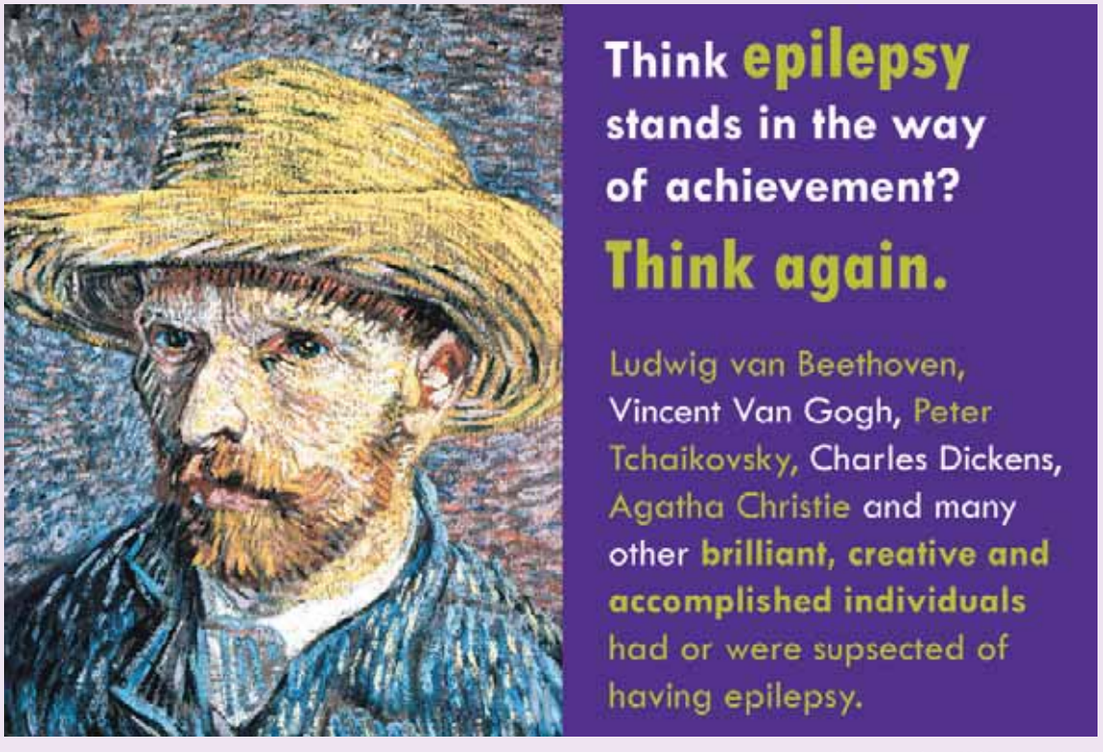
Wendy M.

children that inspire me to keep fighting. I have learned to pick myself up, dust myself off and carry on.

Many people ask me how I can stay so positive. I always answer: 'acceptance!'

I have epilepsy, but I will never let epilepsy define who I am.

— By Wendy M.


Think epilepsy stands in the way of achievement?
Think again.
Ludwig van Beethoven, Vincent Van Gogh, Peter Tchaikovsky, Charles Dickens, Agatha Christie and many other brilliant, creative and accomplished individuals had or were supsected of having epilepsy.

EPILEPSY FACTS

Epilepsy is not a disease but a common neurological disorder characterized by recurrent seizures.

One in 100 people in Canada and 40,000 Torontonians live with epilepsy, which is more than multiple sclerosis, cerebral palsy, muscular dystrophy and Parkinson's disease combined.

Epilepsy can begin at any age, although onset is most common in childhood or in later years.

Lack of awareness and knowledge about epilepsy can lead to social isolation, work barriers and relationship issues for people living with epilepsy.

SEIZURES? Your brain is made up of tiny nerve cells. These cells send messages to each other and to other parts of your body. Nerve cells in different areas of the brain control different parts of the body. For example, some nerve cells send messages to the arms and the legs. Others control hearing and seeing.

If you have epilepsy, the nerve cells sometimes become too active and they send mixed-up messages. When this happens, you have a seizure.

A SEIZURE. WOULD YOU KNOW WHAT TO DO?

- **Stay calm**, the seizure generally only lasts a few minutes.
- **Protect the person** from injury by moving sharp objects out of the way and putting something soft under their head.
- **Don't restrain** the person, as you could hurt them.
- **Never** put anything in the person's mouth.
- **Be reassuring**. After a seizure the person might feel confused, tired and a bit disoriented.

EPILEPSY TORONTO

Epilepsy Toronto offers a full array of counselling, employment, information, education and advocacy programs and services.

For more details about epilepsy and how Epilepsy Toronto helps, call **1-866-epilepsy** or visit **www.epilepsytoronto.org**

METRO CUSTOM PUBLISHING PRESENTED BY EPILEPSY TORONTO

Supported by UCB Canada Inc. – A Proud Partner of Epilepsy Toronto

Taking an intimate look inside Guantanamo Bay

Documentary. Director brings objectivity to subject of controversial detention camp

STEVE GOW
scene@metronews.ca

The Guantanamo Trap opens in theatres this Friday. HANDOUT

Contrary to what you may think, it's actually not hard to remain objective when making a documentary about the controversial Guantanamo Bay detention camp.

"It was easy for me to stand back (and) bring an openness," said Canadian director Thomas Wallner while promoting his film The Guantanamo Trap (which hits theatres March 30).

"As a filmmaker, you do not need to have the same political opinion, you do not need to agree with what your subject talks about. I believe an audience is smart enough to make their own interpretation."

The Guantanamo Trap examines the stories of four people who experienced dramatically different encounters with the camp established at the outset of the War on Terror.

Whether it was five-year detainee Murat Kurnaz or Diane Beaver, who drafted what was called "the torture memo," Wallner overcame a challenging task not only in non-partisanship but in sheer determination.

"The biggest challenge for this film was to get personal intimate access to the people in it," said Wallner. "I wanted to make a film that was universal — that showed individuals grappling with this sense of great power that had gone awry and how it basically influenced them on both sides of the conflict."

It was an abuse of power that originally set Wallner on this path when the filmmaker himself was put on the terror watch list for years after refusing to comply with U.S. customs for an eye scan.

"I learned that once you're suspected and once there's a file on you, it's really hard to shake that," said Wallner. "Sure you can explain I'm making a film, but there's some pretty stupid people at Homeland Security … the shame is, they have an important function to fulfill."

Making Guantanamo

- **Wallner on his recent Genie Award nomination.** "Guantanamo is still operating. And I didn't get the Genie but part of my speech was going to be a big thank you to Obama for keeping the film current."
- **Wallner on the film's objectivity.** "Part of the beauty of the film is that it's confusing and that it's irritating, actually — that you have to kind of make up your own mind."

Forgiveness of Blood. Filmmaker delves into Albanian blood feuds

Filmmaker Joshua Marston has been suspiciously quiet ever since his 2004 feature Maria Full of Grace earned several awards and even an Oscar nomination. He does, however, have an excuse for his absence.

"I had a number of film projects in the years afterward that almost happened but didn't," said the New York director while promoting his new film The Forgiveness of Blood.

"This film is me saying I'm not going to wait anymore and I'm just going to go off and do a film I can get made for a small budget in a place where no one's watching me and I can do it the way I envision it."

How Marston envisioned The Forgiveness of Blood (in theatres March 30) was not as a Hollywood vehicle. Instead, the auteur travelled to Albania and crafted a raw, gritty drama about a family in the midst of a blood feud.

"I'm not Albanian. I have no Albanian heritage," laughed Marston. "I was very fascinated because there are all of these families in Northern Albania who are living effectively under self-imposed house arrest simply because some member of their family has killed someone else and so their family essentially owes a life in return."

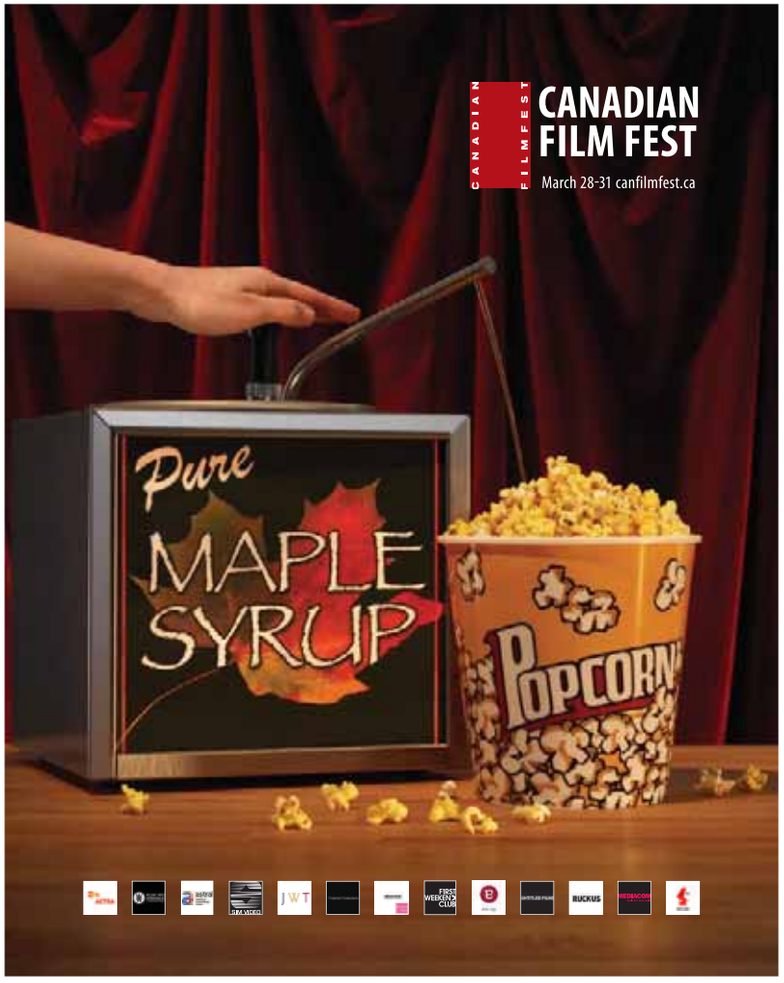
Under a blood feud, the men of a family can't leave their property without risk of vengeance. It's a primitive truth that Marston felt so compelled to tell with accuracy, he even decided to use real teenagers instead of actors to play the lead roles.

"There's no question that the auditions definitely fed into the process of writing the script," said Marston, who auditioned thousands of kids at schools across Albania. "I would frequently jot something down and find a way to work it into the story … there was always this evolving process." STEVE GOW/FOR METRO

Making Forgiveness

- **Marston on overcoming the language barrier.** "I didn't speak Albanian when I started. (But) I learned how to conjugate all the verbs and became fluent so that I could have a basic conversation with people."
- **Marston on hiring real teenagers.** "The main challenge was trying to find a kid who had no acting experience who could pull it off."

The Forgiveness of Blood opens in theatres this Friday. HANDOUT



Lawrence on her favourite hunger buster

Jennifer Lawrence

The Hunger Games star Jennifer Lawrence doesn't go hungry, thanks in part to her friendship with Zoe Kravitz, daughter of co-star Lenny. The two met on the set of X-Men: First Class and hung out on the Games set.

"We just went to her dad's hotel room and got Gummi Bears and HBO," Lawrence told Us Weekly, adding that she loves Skittles candies. "We racked up so many charges. Mr. Kravitz was like, 'Did you guys order a lot of room service?!'"

Kardashian's flour bomb

Kim Kardashian

Last Thursday, someone threw a plastic bag of flour at Kim Kardashian on the red carpet, probably not the first time she's been covered in white powder.

Afterwards, the reality TV star said she wouldn't press charges but now tells E! News: "I said earlier no I wasn't. (But) I am just going to think about it, because I don't want someone to think they can really get away with that. I was laughing it off earlier and, you know, I think that is the only thing I knew how to do at the time."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Look What You've Done

Club owner wants Drake to pay for pot bust

THE WORD
Dorothy Robinson
scene@metronews.ca

Drake. ALL PHOTOS GETTY IMAGES

A rapper smoking weed? Not that surprising. A rapper smoking weed in Oklahoma City? Well, also not that surprising. What else is there to do in Oklahoma City?

Earlier this week, Drake, the former child star turned loverboy, was reportedly responsible for a huge cloud of pot smoke in a VIP area, which caused the Dollhouse Lounge to close down — even though they opened for the night especially for him, according to TMZ. But here's where the story gets weird: The spot's manager claims that once he and the staff smelled the smoke, they shut the party down. Then the cops came (apparently to help "restore order") and they discovered a half-burnt joint where Drake and his entourage were previously hanging. So they arrested the club manager — not Drake — and now the manager is mad and wants Drake to help him out with the various tickets that amount to several thousands worth, according to TMZ.

A half smoked joint found in an ashtray causes not only an arrest but also a lawsuit?

"Crime" in Oklahoma City is just adorable. What do club owners expect when they rent out a club to a world-famous rapper and his entourage? A knitting circle?

Jolie takes on leg haters

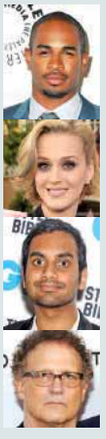
Angelina Jolie

After her striking pose caused headlines at the Oscars, Angelina Jolie, whose right gam and odd gunslinger pose launched a meme, a Twitter feed and impersonators, now tells the Huffington Post: "I honestly didn't pay attention to it. You know what I mean? I don't watch those TV shows, and if I go online and see something about myself, I don't click on it.

"And the people I surround myself with don't really talk about this kind of stuff. I heard something, but I didn't pay any attention. It's as simple as being a woman picking a dress you like and having a night and not really thinking about anything else."

Oh, come on Angie! Can't you ever admit when you do something ridiculous?

Twitter

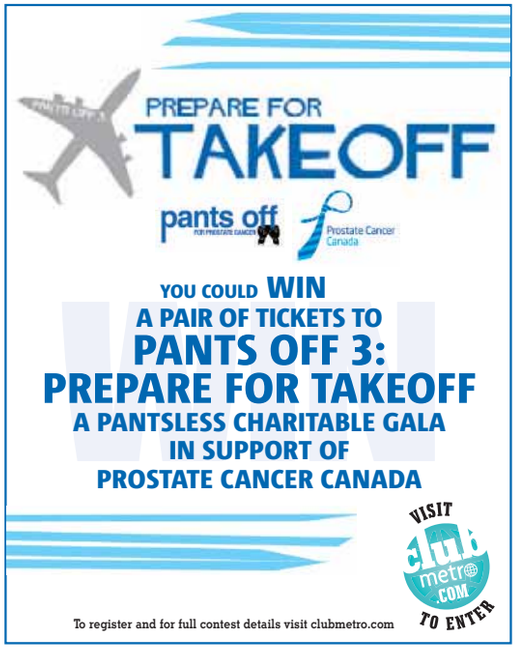


@wayansjr
#thatawkwardmoment when you're about to get some, but you want her to take a shower first because she's been dancing A LOT

@katyperry
Is anyone still traumatized by the idea that you might get eaten by an escalator if you miss a step or have a lose thread on your sweater?

@azizansari
Is Hunger Games about a girl facing a series of challenges and hurdles during lunchtime to get tasty tacos? #MyLifeStoryDog

@AlbertBrooks
Dick Cheney gets new heart! Not to be confused with compassion.



3 LIFE

Commercial tests

Food allergies

Commercial tests that claim to determine if a person has food allergies, sensitivities or an inability to tolerate certain foods are a waste of money, warns a Toronto allergy specialist.

Dr. Elana Lavine says the tests, which can cost hundreds of dollars, look for an antibody reaction to a whole range of foods. When they find a response with an antibody known as immunoglobulin G or IgG, they characterize the result as unhealthy, suggesting the existence of either a food allergy, an intolerance or food sensitivity.

But Lavine says that it's a misreading of what an IgG reaction means. Science isn't 100 per cent sure what an IgG response actually signifies, she said, but it is thought to mean that a person has already encountered the proteins in that particular food and may even have developed a tolerance to them.

THE CANADIAN PRESS

On the Web

Teachers, parents, writers explore yin-yang of Titanic for kids ahead of wreck's centennial

Is your dad like the guy from Up? PIXAR

Avoiding the 'oh no, grandpa's here' reaction

Grandparents. 'Discipline as normal,' and other great tips for when the folks visit you and the kids

A good friend of mine recently returned home after a month in Australia completely deflated.

It was, she said, a time of dashed expectations, misunderstandings and tension even her three-year-old picked up on.

Not only was she no longer speaking to her parents, but her marriage was strained, the kids had suffered — nobody was left unaffected by the fallout from two households colliding.

A lot of our friends listened to her tale of woe with disbelief, but I found it rather familiar.

A family's baser characteristics only tend to magnify themselves when one of the members moves away, as I did, 10 years ago.

Naively, I'd expected our little differences to disappear into all the empty miles between us.

But when quality time together is short, the pressure to make the most of it can cause some major explosions.

Here's some tricks to manage the chaos that surrounds a family visit.

First the practical

• Each relative gets a transport pass, a set of car keys (though my parents would never drive in a foreign city), maps and guidebooks.

And we keep a dish with change by the door in case anyone needs it.

• My parents cross five time zones when they visit, so we've experimented with putting our own clocks back an hour or two (at least in spirit) for the first day or two they're here.

It gets everybody moving at a similar pace and helps them feel a bit more normal.

• Most grandparents are happy to babysit — even without being asked.

My parents don't fall in that category.

So if my husband and I have other plans when they're visiting, we reserve a sitter, then ask nicely, once they've settled in.

If they're happy to comply, we cancel the sitter. We also make sure they know they have the freedom to come and go as they wish — especially in the evenings.

• If you need your parents to help out with the children now and then, make sure they have time for a siesta in the late afternoon.

We all need a break during the witching hour.

• Making the long trip to see us is a big deal for our families, so we make sure there's time for a touristy outing: a weekend in the country, a museum visit or a night at the theatre.

Once the practicalities are out of the way

• Write a list (and keep it out of sight) of the things about your visitors that bother you but that you cannot change. Anticipate them and try to avoid them, then if you are confronted, they'll be easier to ignore.

• Blather on all you want about yourself, your children, your job, but don't forget to ask about their lives — theirs are not over yet.

• Stand by your parenting. Discipline as normal. Keep your routines. If your parents want to get involved, they should know they do so at their own peril. (I shudder to think how I would have turned out had my mother let her mother control her parenting choices.)

• A special family visit is not the time to air lifelong grievances. When you catch yourself about to scream: "You always do this," or "Can't you just for once…" run to your room and simmer on your own. Even if you slam a door or throw something up there, nobody should mind — as long as you return in good spirits.

• Don't apologize or feel guilty for having moved away from home. Every generation has to adjust to its own unique circumstances and you've done the best you can.

• Plan the next family visit while your parents are still there — that should give everyone something to look forward to. If you can book your tickets then and there, all the better.

ELLEN HIMELFARB OF MOMMYISH.COM

Encourage creativity by getting the kids involved in crafts. ISTOCK

Encourage kids to get creative and crafty

Crafts. These 10 essentials for a craft cupboard will have your little ones building castles, rocket ships and much more

As the days get longer, many parents are searching for meaningful ways to keep children occupied. So what better time to make sure your family's crafts cupboard is well stocked and up to date?

Here are 10 essential arts and crafts items that are easy on the budget and simple to use.

1. Age-appropriate scissors. Even children as young as three can begin using safety scissors with supervision. Pay attention to age recommendations on packaging. Let tiny tots cut pictures out of old magazines to make a collage. Older kids can snip favourite shapes for all sorts of projects including paper dolls.

2. White craft glue or glue sticks. Little hands can manipulate glue sticks more easily than liquid glue, and parents can better control how much is used. Kids who can handle squeeze bottles may also enjoy coloured or glittered glues. Consider putting a dollop of glue in a plastic container and give your child a Q-tip to apply it with less mess.

3. Construction paper. It's not just solid colours anymore. There are printed patterns and glittered pages, and fade-resistant papers that will keep projects looking cheery longer. Let young children paste strips of paper onto another piece for a simple project. Older children can practice origami, among other projects.

4. Felt and craft foam. Both add durability and texture to artwork. They're also more budget-friendly than many fabrics, and felt won't fray. Craft foam can be bought in precut shapes, from trucks to dolls to holiday decorations.

5. Markers and crayons. Washable is the word for many households when it comes to markers. Besides traditional markers, there are ones you can use on windows or dry erase boards. Crayons are one of the least expensive craft items. If your child uses crayons to colour a picture on an old shirt, pillowcase or other cotton fabric, you can iron it for a lasting piece of art.

6. Paints and brushes. Young children should use non-toxic paints, and most parents prefer washable. Finger paints are perfect for even the tiniest tots. As kids enter preschool, they'll move on to tempura paint and large brushes. Then it's smaller brushes and watercolours for grade schoolers, and acrylic craft paints for older kids. Check the packaging for an Approved Product (AP) seal, which means it's certified as non-toxic by the Art & Creative Materials Institute Inc.

7. Popsicle sticks or pipe cleaners. Pipe cleaners are a colourful way to bind together other materials. Young children can create a caterpillar with an empty toilet tissue roll and pipe-cleaner antennae and appendages. Popsicle sticks give artwork structure and are super cheap. You can paint them, colour them or glue on embellishments.

8. Yarn. Another item that comes in just about any colour. Create yarn pompoms and add felt eyes, ears, feet and hands to make soft monsters, bugs or animal friends. Make a picture frame with Popsicle sticks tightly wrapped in colorful yarn. Embellish for a keepsake.

9. Masking tape. Relatively easy for tiny fingers to manipulate, and can hold together sculptures made from household goods. Turn a piece of newspaper into an Easter egg by crumpling it and covering it with tape to hold its shape. Paint any way you choose. Use blue painter's masking tape to keep drawing paper from moving around on the table. The painter's tape comes off without tearing your kid's masterpiece.

10. Embellishments. Once you've got the other essentials, add some extras to jazz up craft time. Kid favourites include pompoms, feathers, plastic gemstones, stamps, stickers and glitter. Dollar bins are a great place to find them. Look for paper punches that make shaped holes such as cupcakes and snowflakes. Or you might find colourful beads or sequins for cheap.

THE ASSOCIATED PRESS

From paintings and castles to rocket ships and aquarium portholes, crafts keep kids busy. MICHAELS/ THE ASSOCIATED PRESS

Household items with art potential

When doing arts and crafts with your kids (a.k.a. the budding Picasso's), don't forget the artistic potential in common household items such as cotton balls, straws, empty soup cans and detergent jugs, and yard debris.

Budding artists

"Kids are great at turning recycled materials and found objects into art."

Emily Weerts,
Technology education coordinator for the Austin Children's Museum

"Kids are great at turning recycled materials and found objects into art," says Emily Weerts, technology education coordinator for the Austin Children's Museum in Austin, Texas.

One of her suggestions: use scissors and masking tape to turn an old paper towel roll into a periscope.

Another important tool for crafty parents and their children is the Internet.

Families can find inspiration at various websites such as pinterest.com, michaels.com/theknack, and at children's library and museum sites.

Building a family arts and crafts supply that kids can have at their disposal with the items above can cost less than $50, depending on how wild you get with the embellishments.

The best time to stock up on art supplies is during back-to-school sales and at major holidays — think Easter baskets and Christmas stocking stuffers.

Many suppliers even offer online deals.

"It's just so important to get kids to use their imagination," says Paula Puleo, chief marketing officer for Michaels Stores, an American arts and crafts retailer.

But once you've got your arts and crafts essentials, where can you store them so they're not all over the play room or, worse yet, your living room?

Puleo suggests something as simple as a cardboard box, plastic bin or toolkit. Just label it so you remember what it is.

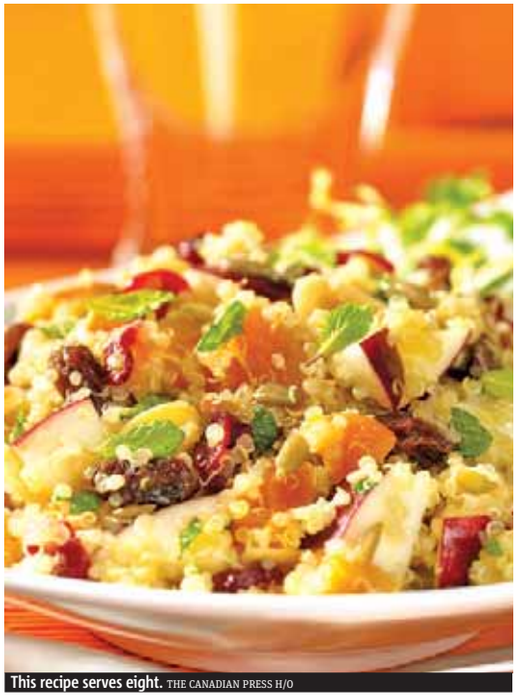
Plastic baggies and shoeboxes work well as dividers to cut down on mess and keep track of inventory.

And your kids can help decorate the container as part of a family project.

THE ASSOCIATED PRESS

Is gambling affecting your relationships?
Ontario Problem Gambling Helpline
1-888-230-3505
www.problemgamblinghelpline.ca
Ontario

Cooking the 'superfood' quinoa can be simple to do



This recipe serves eight. THE CANADIAN PRESS H/O

Nutty & Fruity Quinoa Salad. Topping this salad with Maple Vinaigrette offers a perfect combination of healthy ingredients

1. In a saucepan, bring water and quinoa to boil. Reduce heat to low, cover and simmer for about 20 minutes or until liquid is absorbed and quinoa is tender. Let stand for 5 minutes. Fluff with a fork.

2. Transfer quinoa to a large bowl. Add almonds, apple, apricots, sunflower seeds, cranberries, raisins and mint; toss to combine. Drizzle with maple vinaigrette and toss again to coat evenly.

3. Vinaigrette: In a jar, combine maple syrup, vinegar, mustard, oil and water. Seal and shake until well blended. Store in the refrigerator for up to 1 week, shaking well before use. COOK! BY THE DIETITIANS OF CANADA (ROBERT ROSE INC., 2011)/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOK.CA)

Ingredients

- 500 mL (2x cups) water
- 250 ml (1 cup) quinoa, rinsed
- 125 ml (1/2 cup) sliced almonds
- 125 ml (1/2 cup) coarsely chopped apple
- 125 ml (1/2 cup) coarsely chopped dried apricots
- 50 ml (1/4 cup) toasted unsalted sunflower seeds
- 50 ml (1/4 cup) dried cranberries
- 50 ml (1/4 cup) raisins
- 30 ml (2 tbsp) finely chopped fresh mint
- 125 ml (1/2 cup) Maple Vinaigrette (recipe follows)

Maple Vinaigrette

- 75 ml (1/3 cup) pure maple syrup
- 50 ml (1/4 cup) cider vinegar
- 50 ml (1/4 cup) honey mustard
- 30 ml (2 tbsp) canola oil
- 30 ml (2 tbsp) water

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

While Cultures bills itself as a healthy alternative to fast food, some of the items on its menu are anything but.

Cultures Tuna Wrap

430 cals, 17 g fat, 700 mg sodium
Tuna with all those omega fatty acids sounds so healthy, but when packed with oil and mixed with high-fat mayonnaise, you have excess calories and fat.

Equivalent

Because of the oil and high-fat mayo, just one Tuna Wrap from Cultures is equal to 17 cans of tuna packed in water and fat.

Grilled Chicken Wrap

280 calories, 5 g fat, 450 mg sodium
Whenever you hear the word 'grilled,' you're better off. You can add your own veggies and avoid any mayo or excess fat.

Team high-protein quinoa with nutritious turkey in stuffed peppers

Quinoa is an amino-acid-rich protein seed that has a fluffy, slightly crunchy texture and a mild nutty flavour when cooked.

Mixed with ground turkey, spinach, mushrooms and goat cheese, this super nutritious stuffing is baked in red peppers for a protein-rich meal.

1. In a saucepan, bring the chicken or turkey broth to a boil over medium-high heat. Stir in quinoa and simmer, covered, for 10 minutes. Remove from heat and leave covered for 15 minutes.

2. Meanwhile, in a large non-stick skillet, heat oil over medium-high; brown turkey, breaking into small pieces with the back of a spoon. Transfer to a plate and set aside.

3. Cook onion until tender and golden, about 7 minutes. Stir in garlic, salt and red pepper flakes and cook for 1 minute. Stir in mushrooms and cook until golden and no liquid remains.

4. Remove from heat and stir in spinach and quinoa. Sprinkle with goat cheese. (Make ahead: This mixture can be made up to 2 days in advance.)

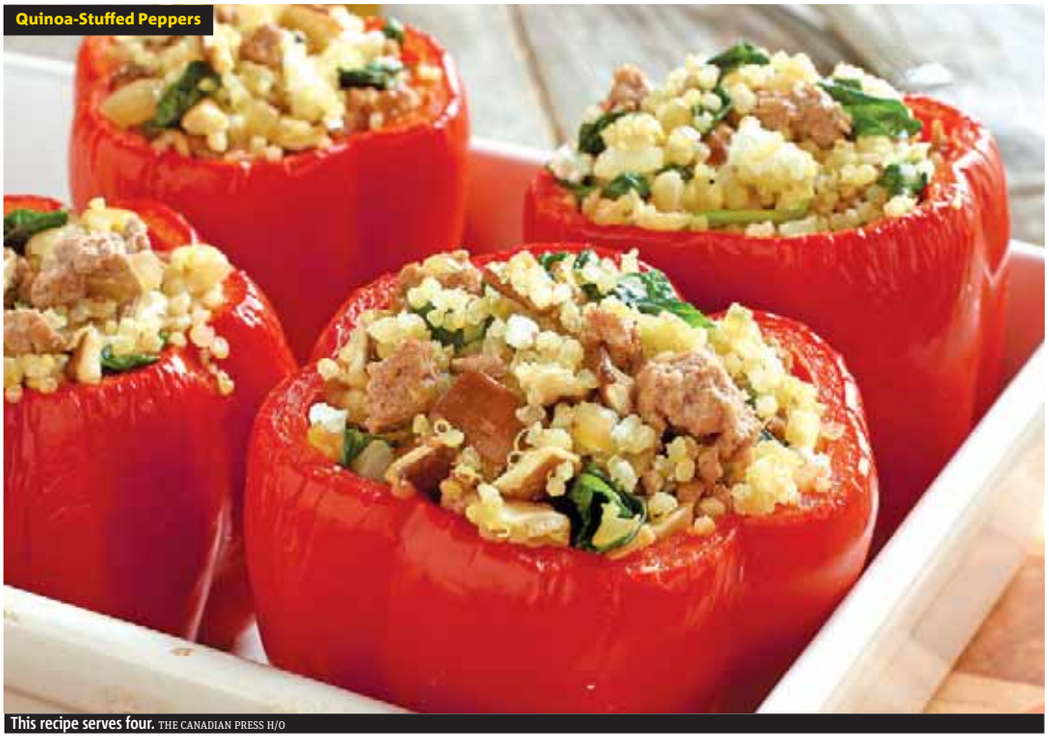
5. Spoon mixture into hollowed peppers and bake in a 190 C (375 F) oven until peppers are tender crisp and filling is hot, about 20 minutes.

THE CANADIAN PRESS/ ONTARIO TURKEY (MAKEITSUPER.CA)

Ingredients

- 250 ml (1 cup) turkey or chicken broth
- 125 ml (1/2 cup) quinoa
- 10 ml (2 tsp) vegetable oil
- 500 g (1 lb) ground turkey
- 1 onion, minced
- 2 cloves garlic, minced
- 2 ml (1/2 tsp) salt and red pepper flakes
- 500 ml (2 cups) chopped cremini mushrooms
- 1 l (4 cups) chopped spinach
- 50 ml (1/4 cup) crumbled goat cheese
- 4 large red bell peppers, tops cut off and ribs removed

Quinoa-Stuffed Peppers



This recipe serves four. THE CANADIAN PRESS H/O

ChariTREE is planting an idea in kid's minds ISTOCK PHOTO

Reconnecting kids with nature — one tree at a time

ChariTREE is helping get children back outside. They have delivered more than 30,000 saplings to kids across Canada

BEN KNIGHT
life@metronews.ca

One of the simplest ways to connect with nature is to plant a tree. And ChariTREE is a small Canadian registered charity that helps young children do exactly that.

"Our entire focus is giving trees to children," says founder and executive director Andrea Koehle Jones.

"If they plant the tree, it's empowering them, too. It makes them think positively — that they're helping the planet, and that they have power to make it a better place."

Jones founded ChariTREE on Earth Day, 2006. She has since delivered more than 30,000 trees to Canadian schools and summer camps.

"The teachers come to me and they ask for trees," she explains. "They're already teaching kids great things about the environment, but they don't have the money to be buying trees, or the time to search out the right species and have them shipped in. So we do that work for them for free."

If a school is short of trees on its property, the planting can happen there. If not, children can take their saplings home — and have their own tree growing with them throughout their lives.

"One of the biggest things about what I'm doing is trying to get kids outside more — giving them more opportunities to connect to nature. I grew up in Toronto, and now I live on a tree-covered island in British Columbia. Many children won't get that opportunity. So giving them a tree — putting a tree in their hands — is an opportunity to get them outside at the simplest level."

Kids planting their trees at summer camp get to see it every summer when they return. This gives them a tangible sense of how nature works over time.

"Research studies show kids have much more confidence if they get time to spend outside," Jones notes. "Pull them away from the TV. Get them away from the video games.

"The tree is just a tool for the greater cause of getting kids back outside."

For more info – or to make a donation, visit charitree.ca.

Get outside

"Research studies show kids have much more confidence if they get time to spend outside. Pull them away from the TV. Get them away from the video games."

Andrea Koehle Jones of ChariTREE, speaking about their program to get kids more involved with nature.

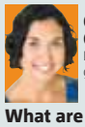
By the numbers

730

The average kilograms of carbon a typical tree will absorb during its lifetime – about 80 per cent of one ton.

Queen of Green

Don't let the bed bugs bite



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What are eco-friendly options to prevent and kill bed bugs?
Debbie of Edmonton

To prevent bed bugs, keep clutter to a minimum. Bed bugs thrive in clothes, newspapers and piles of stuff in general.

And stay vigilant. Watch for notifications within your apartment building, local libraries and hotels. Check the Internet for bed bug identification tips, so that you can report them immediately — before they spread.

Generally speaking, high heat or extreme cold kills bed bugs. Try these tips from my friend, Adria Vasil, author of Ecoholic, if you already have bed bugs:

- Steam clean your mattress and then fit the mattress with a tightly woven barrier sheet (organic cotton barrier sheets will also keep out dust mites).
- Wash everything, including curtains, bedding and removable upholstery in hot water. (You may need to do this more than once.)
- Physically remove bed bugs with the vacuum and then carefully empty and clean the vacuum canister and filter.
- Sprinkle diatomaceous earth around baseboards.
- Try an enzyme-based product like Kleen Green.

Diatomaceous earth is also used to control silverfish, fleas and roaches in the home. Sprinkle a small amount along cracks and baseboards, or above the cupboards. Naturally occurring diatomaceous earth is made from crushed fossilized algae. This fine powder is like glass. It is so abrasive that it damages the protective outer shell of creepy crawlies. When that protective exoskeleton is pierced, insects dry up and die. Ask for it at your local garden store.

Kleen Green is an organic blend of enzymes specifically designed to naturally remove and eliminate dirt, germs, bacteria, odours and pests, including bed bugs, lice, scabies, crabs, fleas, mites and more. I've never used this product but it beats toxic pesticides, so it could be worth a try! It claims to be non-toxic, no-residue formula, non-flammable, hypoallergenic and biodegradable.

FOR MORE QUEEN OF GREEN VISIT DAVIDSUZUKI.ORG/GREENLIVING

We're engaged: Volunteers work to overcome age discrimination

Let us help. Across Canada, young people are showing a growing interest in giving back, but how is their willingness to work being received?

Kelly Lovell, right, stands at a Dollars for Dreams fundraiser that she organized to raise money for Save the Children in Waterloo, Ont., in September 2011. HANDOUT/THE CANADIAN PRESS

Last summer Kelly Lovell decided to create her own charitable initiative. The Waterloo, Ont., native had been an active volunteer for three years and wanted to run a major fundraiser before she headed to university in the fall.

After founding Dollars for Dreams — which would raise money for Save the Children without any backing from other organizations — Lovell planned a gourmet bake sale at a local mall. All went smoothly until she took some regulatory forms to mall management in person.

"I started to get some problems because they realized how young I was," says Lovell, who was 19 at the time.

"People don't expect youth to have the abilities to do things like this, to be in the workforce, to be successful or organize events, and that's huge discrimination right there."

As the latest national figures show youth engagement in volunteering surging ahead, Lovell's experience underscores the age discrimination many young Canadians are trying to overcome.

In her case, after repeatedly showing that she had met all regulatory requirements, Lovell said she got a call from the mall a day before her event and was told her sale couldn't go ahead. She then had to call the corporation that ran the mall to get them to override local management's decision.

Willing and able

"People don't expect youth to have the abilities to do things like this, to be in the workforce, to be successful or organize events, and that's huge discrimination right there."

Kelly Lovell, creator of Dollars for Dreams

"They just don't trust you. They always think you're up to something or that you don't have enough experience," she says.

Such barriers are exactly what Volunteer Canada is trying to help youth break down.

A report from the organization — which identifies itself as the national voice for volunteerism in Canada — found that youth are generally seen as being in need of services instead of being perceived as a group with skills that can contribute to volunteer initiatives. It also found a feeling among youth that their opinions and insights aren't valued, respected or taken into account.

"Young people are very engaged, but they contribute the fewest number of hours. We really need to make sure that they're getting what they want out of a volunteer opportunity," says Ruth MacKenzie, president and CEO of Volunteer Canada.

"We found that they feel discriminated against when they're looking for volunteer opportunities, there was assumptions made that they don't have the skills."

In trying to sustain youth volunteer efforts, Volunteer Canada recently worked with Manulife Canada to develop a suite of online tools to help tap into youth potential. They include a self-assessment tool that helps youth identify skills and interests they can apply to volunteering. A tip sheet on how organizations can become more youth-friendly will soon be online as well.

Malika Ladha knows the value of volunteering and continually advocates for youth to be taken more seriously in their efforts to help their communities.

"The major thing is not to have a position where youth are tokenized or patronized," says the 20-year-old, who is the chair of Alberta's YouthVOLUNTEER! Society, which helps implement youth-based initiatives. "It's important to really provide them with that meaningful stuff."

Young Canadians who don't volunteer as much need not feel overwhelmed by the array of opportunities that exist either, says Ladha.

"It's important to realize you can't save the world in one day. It's baby steps," she says.

THE CANADIAN PRESS

Giving back

Selfless statistics

- The latest figures from Statistics Canada's Survey of Giving, Volunteering and Participating released last Wednesday show that today's youth are far from disengaged.
- It found Canadians aged 15 to 24 volunteered more than any other age group in 2010 at a rate of 58 per cent. That beats the overall national rate of 47 per cent.

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Alison Parker, film producer and director. PROVIDED

Of finding a career in filmmaking and a ferret named Falcor

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Spotlight on success. From high school dropout to feature filmmaker

Alison Parker used to work at a sandwich shop in Vancouver just down the road from Columbia Academy.

"One day I took off my apron and walked across the street. They convinced me to apply. I went from a high school dropout to audio student of the year in 2002."

Alison got into the film industry and three years ago became a director. She also adopted a pet ferret named Falcor.

Upset at the way ferrets were being portrayed in the movies she decided to make a short film to challenge the negative stereotypes. Through sheer determination she raised the funds, found sponsors and convinced many of the cast and crew to volunteer their time.

Jake and Jasper: A Ferret Tale starring Falcor, Connor Stanhope, Andrew Jackson, Blu Mankuma and featuring the music of the Crash Test Dummies is a hit at several international film festivals. Parker is now in pre-production on her first feature-length movie.

"I didn't know it was going to be as big as it was with an all-star cast but I knew in my heart I could make it happen. I'm proud to say I turned my life around. It's never too late."

Determination

"I didn't know it was going to be as big as it was with an all-star cast but I knew in my heart I could make it happen."

Alison Parker, director of Jake and Jasper, A Ferret Tale

Lights, camera, advice!

Alison's advice to aspiring filmmakers

- Make films on what you know.
- Be original.
- Be passionate about it. If you love it chances are other people will love it too.
- Use social media daily to promote and grow your fan base.
- Make a clever, great quality promo to help raise funds.

See Alison's hilarious and successful fundraising video at theferretmovie.com.

Junior, I'd like you to meet your life coach

Here to help. A number of parents are pairing their children up with a supportive life coach rather than a therapist

Life coaches have become the go-to fad for quarter to mid-life crises sufferers over the last decade, but who says you have to be a grown-up to need a little extra guidance?

Apparently, a growing number of children in NYC are finding themselves distraught over all the responsibilities they're faced with including demanding homework assignments from posh private schools and vying for the lead role in community theatre productions.

As DNAinfo reports, parents worried about their children's inability to work towards goals can recruit a life coach, including one from the 91st Street Academy. There, children can find support and guidance for problems like school troubles, balancing extracurricular and concentration issues — you know, stuff parents don't want to deal with.

Life coaching generally prioritizes looking towards the future rather than analyzing the past. ISTOCK

The DNAinfo piece tells the story of a troubled third-grader who simply could not stop misplacing his books and jacket. Life coaching, according to his parents, was the answer.

So what's the difference, anyway, between a life coach and your run-of-the-mill shrink? According to 91st Street Academy, "Counselling looks backward at past issues and events while coaching looks forward toward setting steps and goals for the future."

Well since kids don't have a past that spans more than a decade and a half or so, life coaching is perfect for them.

For about $300 a month, a life coach will work with a kid once a week for three hours.

METRO WORLD NEWS IN NEW YORK

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Camps working to keep young minds active during summer

Do summer smarter.
The time has come to start combing through summer camp options with your youngster

Camp classroom

Some academic camps can fill in gaps left by year-round education.

- Some summer camps teach specifically academic subjects, some prepare children for SAT tests, others prepare children for kindergarten or, for older children, focus on leadership skills.
- Camps focus on improving learning techniques or teaching kids how to stay focused on a subject they find dull or unappealing.

Summer camps with educational elements — such as fields trips of lessons about the environment — have been around for years.

But recently, there has been a surge in camps that are academic programs in their own right.

These camps are not to be confused with summer schools — they are summer camps for kids, which parents would recognize from their own childhood.

But they have a distinctive academic edge, combining traditional outdoor activities with educational programs designed to fit children's year-round curriculums.

Camp providers know there is no such thing as the typical child — which is why they offer a wide range of options for academic summer camps. Everything from day and resident camps are available, to multi-day or multi-week stays.

Some academic camps charge fees, some are free. Some camps are run by schools, so the relationship between camp and academic activity is formal and measured.

In other cases, camps simply match their area's educational standards in what they offer.

But the time to act is now. In a globalized world, as parents understand the need for a high standard of basic education, demand for places at academic camps has risen sharply.

Wait lists are common, and now is the time to act to avoid disappointment.

METRO WORLD NEWS IN NEW YORK

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Information session to be held tomorrow Tuesday, March 27 at the Rotman School. To register call 416.978.7066.

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Sports in pictures

1 Curling. Nedohin leads Canada to bronze

Canada's Heather Nedohin won the bronze medal at the women's world curling championship on Sunday in Lethbridge, Alta. Her Edmonton team defeated South Korea's Ji-Sun Kim 9-6. Switzerland's Mirjam Ott defeated Sweden's Margaretha Sigfriddson 7-6 in the gold-medal match on Sunday evening.
THE CANADIAN PRESS

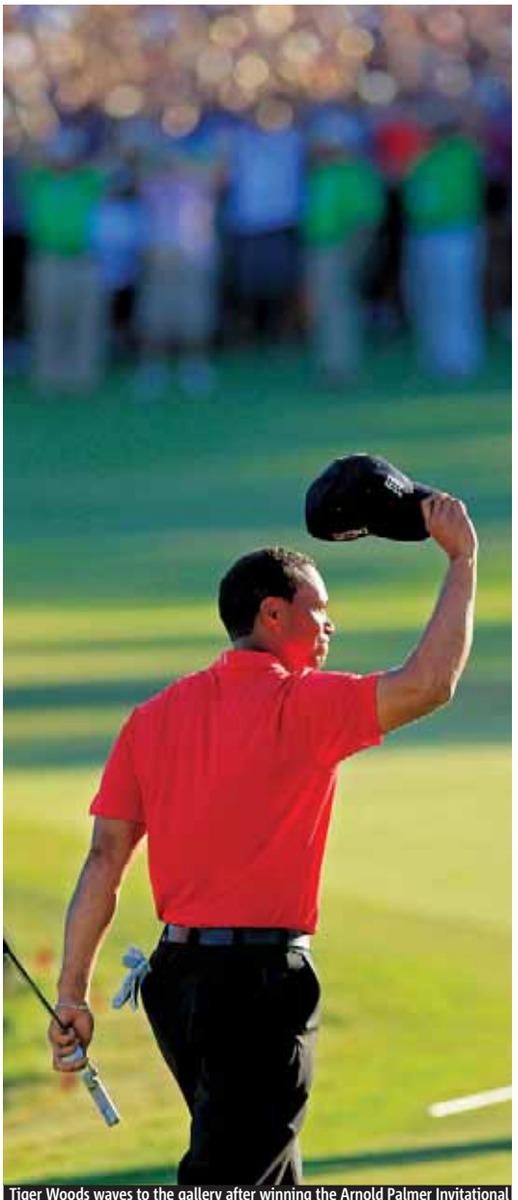
2 NBA. Bulls playoff bound

The Chicago Bulls became the first NBA team this season to win 40 games and seal a playoff berth with a 102-101 win over the Toronto Raptors on Saturday.
THE ASSOCIATED PRESS

3 Skiing. A silver sendoff

Anna Goodman won a slalom silver medal at the Canadian Championship in Mont-Saint-Anne, Que., on Sunday in her last race before retiring. The 26-year-old from Pointe Claire, Que., finished behind Marie-Michele Gagnon and ahead of Madison Irwin and Kristina Riis-Johannessen who tied for third.
THE CANADIAN PRESS

Woods serves notice ahead of Masters


Tiger Woods waves to the gallery after winning the Arnold Palmer Invitational on Sunday. JOHN RAOUX/THE ASSOCIATED PRESS

Golf. Embattled star returns to winning ways on PGA Tour with victory in Orlando

Tiger Woods finally brought the buzz back to the very thing that made him famous — winning.

Two weeks after another injury scare, Woods looked as dominant as ever in the red shirt on Sunday to win the Arnold Palmer Invitational at Bay Hill in Orlando.

It was his first PGA Tour victory since a sex scandal at the end of 2009 led to one of the greatest downfalls in sports.

Woods closed with a 2-under 70 for a five-shot win over Graeme McDowell.

The question two weeks ago was when he could play again. Now, it's whether he can get back to the player who once ruled golf.

Even though he won the Chevron World Challenge last December, this was meaningful for Woods — a full tour event against a strong field.

The final hole was a mere formality, and Woods tapped his putter on the ground waiting for his turn, knowing that his 30 months without a win on the PGA Tour was about to end. He walked off the green with his arm extended, waving his cap to a raucous gallery.

"It does feel good. It feels really good," Woods said before signing his card. "It's been a lot of hard work."

Woods finished at 13-under 275 for his 72nd PGA Tour win, one short of Jack Nicklaus for second place on the career list. But that's not the record Woods wants. He has 14 majors, four short of the Nicklaus standard — now he'll try to end a four-year drought at the Masters, which starts April 5.

"I am excited, no doubt," Woods said. "I'm looking forward to the momentum I've built here."

It was the first time Woods had all four rounds under par since he returned from his personal crisis at the 2010 Masters.

McDowell made a 45-foot birdie putt and a 50-foot eagle putt early in the round to try to stay close, though he was never closer than two shots after starting with a double bogey. He closed with a 74.

Only two weeks ago, Woods was taken off Doral in the final round with tightness in his left Achilles tendon, the same injury that caused him to miss three months and two majors last year. It turned out to be a mild strain, and Sunday was the eighth straight day that Woods played golf — starting with a practice round last Sunday at Augusta. THE ASSOCIATED PRESS

Bay Hill's best

7th

Sunday's win at Bay Hill was Tiger Woods' record seventh in the event.

Palmer leaves tournament with health concerns

Arnold Palmer was hospitalized overnight after doctors noticed a rise in his blood pressure.

- Palmer wasn't on the 18th green Sunday at the Arnold Palmer Invitational to see Tiger Woods end his PGA Tour drought.
- Alaistair Johnston, Palmer's longtime business manager, said the 82-year-old is on new medication and was checking his blood pressure throughout the final round. About 15 minutes before the tournament ended, doctors noticed enough of an increase to take him to the hospital for closer evaluation.

Kadri, Hamilton return to Marlies

Thanks Naz. Now back to the Marlies with you.

The Toronto Maple Leafs dispatched forwards Nazem Kadri and Ryan Hamilton to the AHL Marlies on Sunday, their two-game stint as emergency recalls in the NHL apparently over.

By the time Tuesday's game against Carolina rolls around, some of the injured Leaf forwards are sure to be back healthy, meaning neither Kadri nor Hamilton will play with the Leafs at the end of the season that has an air of training camp around it.

Changes imminent

$59 M

The Leafs have $59 million committed to 19 players next season, with a salary cap that could go into the $70-million range or drop lower than the current $64 million, depending on the outcome of a new round of collective bargaining. Regardless, the roster will undergo changes.

The Leafs have picked up points in four of their last six games (3-2-1) and the desperation that existed during their 2-12-3 run that dropped them out of the playoff hunt seems to have abated. A sense of calm acceptance has overcome the Air Canada Centre.

Neither the fans nor the players are happy, but they all understand it's all about next year — and new hope — now.
TORSTAR NEWS SERVICE

Nazem Kadri
JAMIE SABAU/GETTY IMAGES FILE

4 SPORTS

In brief

'Dream becomes a reality' in Quebec City

It's official. Quebec City says it will begin construction on a new NHL-style arena this September. Now all the city needs is a team to play in it. Mayor Regis Labeaume announced Sunday the $400-million arena will hold about 18,000 people, saying it would be comparable to a facility built for the league's Pittsburgh Penguins a year ago. "Today, the dream becomes a reality," he told reporters at a news conference. Labeaume said the city can proceed with the project after finalizing an agreement with Quebecor on Friday, a week before a March 31 deadline. The media empire landed the naming rights for the future arena and was granted exclusive rights to manage the facility. If an NHL team is acquired, Quebecor would hand over $63.5 million for naming rights, plus $5 million in annual rent. Without one, the company would pay $33 million for the rights and an average of $3.15 million annually for rent.
THE CANADIAN PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-NY Rangers	75	47	21	2	5	206	168	101	26-10-0-2	21-11-2-3	5-5-0-0	W1
d-Boston	74	43	28	1	2	241	182	89	22-13-1-1	21-15-0-1	5-5-0-0	W1
d-Florida	75	36	24	5	10	186	206	87	20-9-1-9	16-15-4-1	5-2-0-3	L3
x-Pittsburgh	75	47	22	3	3	253	195	100	27-8-2-0	20-14-1-3	8-1-1-0	W1
x-Philadelphia	75	44	23	2	6	238	208	96	21-11-1-4	23-12-1-2	7-2-0-1	W2
New Jersey	76	42	28	2	4	206	200	90	20-13-0-4	22-15-2-0	5-4-0-1	L2
Ottawa	76	38	28	6	4	230	223	86	20-15-2-2	18-13-4-2	4-4-0-2	W1
Washington	76	38	30	4	4	205	214	84	24-10-2-2	14-20-2-2	6-2-1-1	W1
Buffalo	76	37	29	4	6	197	209	84	20-11-3-5	17-18-1-1	7-1-0-2	W4
Winnipeg	75	35	32	4	4	201	217	78	23-11-1-3	12-21-3-1	5-5-0-0	L1
Tampa Bay	74	34	33	4	3	209	252	75	23-14-1-1	11-19-3-2	4-5-1-0	W2
Carolina	76	30	31	9	6	202	228	75	19-13-1-5	11-18-8-1	5-4-1-0	L2
Toronto	**76**	**33**	**34**	**4**	**5**	**217**	**239**	**75**	**16-14-3-4**	**17-20-1-1**	**3-5-0-2**	**L1**
NY Islanders	75	31	33	7	4	180	224	73	15-16-5-1	16-17-3-2	5-3-1-1	W1
Montreal	76	29	34	4	9	197	211	71	14-15-2-7	15-19-2-2	4-3-2-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-St. Louis	75	46	20	1	8	192	147	101	29-4-1-3	17-16-0-5	6-2-0-2	L2
y-Vancouver	75	45	21	2	7	229	187	99	21-10-0-4	24-11-3-2	4-5-1-0	W2
d-Dallas	75	41	29	1	4	198	197	87	22-14-0-3	19-15-1-1	7-3-0-0	W1
Nashville	76	44	24	3	5	219	199	96	24-9-2-3	20-15-1-2	6-3-0-1	W2
Detroit	75	45	25	3	2	230	185	95	29-5-1-1	16-20-2-1	2-6-2-0	W1
Chicago	76	42	26	4	4	230	220	92	26-8-1-4	16-18-3-0	7-2-0-1	L1
Phoenix	76	37	26	3	10	200	198	87	19-12-2-4	18-14-1-6	4-2-0-4	L1
San Jose	75	38	27	5	5	205	195	86	23-12-2-1	15-15-3-4	5-3-1-1	W2
Los Angeles	75	37	26	5	7	175	164	86	21-14-0-4	16-12-5-3	7-3-0-0	L1
Colorado	77	40	31	4	2	200	202	86	22-15-1-1	18-16-3-1	6-2-1-1	L2
Calgary	76	34	27	6	9	186	208	83	20-10-1-5	14-17-5-4	5-1-2-2	L5
Anaheim	75	32	32	5	6	189	209	75	20-16-2-0	12-16-3-6	4-5-1-0	W2
Minnesota	75	31	34	2	8	159	207	72	17-15-1-3	14-19-1-5	3-7-0-0	L2
Edmonton	76	31	36	3	6	206	223	71	18-15-2-3	13-21-1-3	5-2-1-2	W2
Columbus	75	24	44	2	5	175	243	55	14-21-1-2	10-23-1-3	4-6-0-0	L1

x — clinched playoff berth; **d** — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yestesterday's results
Edmonton 6 Columbus 3
Washington 3 Minnesota 0
N.Y. Islanders 3 Florida 2 (SO)
Pittsburgh 5 New Jersey 2
Nashville 6 Chicago 1
Boston at Anaheim
St. Louis at Phoenix

Saturday's results
Ottawa 8 Pittsburgh 4
Vancouver 3 Colorado 2 (OT)
N.Y. Rangers 4 Toronto 3 (SO)
Dallas 4 Calgary 1
Philadelphia 4 Montreal 1
Nashville 3 Winnipeg 1
Buffalo 3 Minnesota 1
Tampa Bay 4 N.Y. Islanders 3
Detroit 5 Carolina 4
Boston 4 Los Angeles 2
San Jose 4 Phoenix 3 (SO)

Tonight's games
All times Eastern
Tampa Bay at Philadelphia, 7:30 p.m.
Columbus at Detroit, 7:30 p.m.
Ottawa at Winnipeg, 8:30 p.m.
Dallas at Calgary, 9 p.m.
Los Angeles at Vancouver, 10 p.m.
Colorado at San Jose, 10:30 p.m.

Tomorrow's games
Tampa Bay at Boston, 7 p.m.
Carolina at Toronto, 7 p.m.
Chicago at New Jersey, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Buffalo at Washington, 7 p.m.
Florida at Montreal, 7:30 p.m.
Nashville at St. Louis, 8 p.m.
N.Y. Rangers at Minnesota, 8 p.m.

OILERS 6, BLUE JACKETS 3

First Period
1. Columbus, Letestu 10 (A.Johnson) 16:46
Penalties — Smyth Edm (high-sticking) 2:13, Nash Clb (boarding) 4:08, Gagner Edm (tripping) 10:28.
Second Period
2. Edmonton, Jones 17 (Whitney, Nugent-Hopkins) 3:40
3. Columbus, Nash 26, 7:42
4. Edmonton, VandeVelde 1 (Eberle, Petry) 11:40
5. Edmonton, Smid 5 (Nugent-Hopkins, Jones) 14:28
6. Edmonton, Eager 8, 16:00
7. Edmonton, Gagner 17 (Eberle, Whitney) 19:29 (pp)
Penalties — Nikitin Clb (hooking) 1:36, Belanger Edm, Boyce Clb (slashing) 9:39, A.Johnson Clb (cross-checking) 18:10.
Third Period
8. Columbus, Brassard 13 (Umberger, Nash) 14:22 (pp)
9. Edmonton, Belanger 4 (Jones, Smid) 18:10 (en-sh)
Penalties — VandeVelde Edm, Dorsett Clb (roughing) 1:31, Hemsky Edm (hooking) 1:44, Potter Edm (tripping) 3:48, Gillies Clb (high-sticking) 10:37, Hartikainen Edm (delay of game) 13:28, Eager Edm (slashing) 17:52.
Shots on goal by

Edmonton	13	13	12	38
Columbus	11	7	14	32

Goal (shots-saves) — Edmonton: Dubnyk (W,19-17-2); Columbus: Mason (L,14-25-3)(26-21), York (start third)(11-11). **Power plays (goals-chances)** — Edmonton: 1-4; Columbus: 1-6.
Referees — Marcus Vinnerborg, Don Van Massenhoven. **Linesmen** — Matt MacPherson, Brian Mach.
Att. — 12,295 (18,144) at Columbus, Ohio.

SATURDAY

RANGERS 4, MAPLE LEAFS 3 (SO)

First Period
1. Toronto, Franson 5 (Kessel, Bozak) 9:11
2. N.Y. Rangers, Gaborik 36 (Erixon, Richards) 12:19
Penalty — Crabb Tor (holding) 4:11.
Second Period
3. Toronto, Crabb 10 (Steckel, Phaneuf) 6:53
4. N.Y. Rangers, Dubinsky 9 (Mitchell) 15:29
Penalty — Hamilton Tor (slashing) 4:15.
Third Period
5. N.Y. Rangers, Gaborik 37 (Richards) 4:19
6. Toronto, Connolly 12 (Crabb, Steckel) 4:37
Penalties — Stepan NYR (hooking) 5:54, Boyle NYR (high-sticking) 7:59, Girardi NYR (tripping) 11:53.
Overtime
No Scoring.
Penalties — None.
Shootout
N.Y. Rangers win 2-1
Toronto (1) — Bozak, miss; Connolly, goal; Kadri, miss.
N.Y. Rangers (2) — Gaborik, miss; Richards, goal; Callahan, goal.
Shots on goal by

N.Y. Rangers	7	16	10	33
Toronto	6	10	9	25

Goal — N.Y. Rangers: Lundqvist (W,35-16-5); Toronto: Gustavsson (L,17-16-4). **Power plays (goals-chances)** — N.Y. Rangers: 0-2; Toronto: 0-3.
Att. — 19,507 (18,819) at Toronto.

SENATORS 8, PENGUINS 4

First Period
1. Ottawa, Michalek 33 (Greening, Kuba) 9:06
2. Pittsburgh, Cooke 18 (Engelland) 9:46
3. Pittsburgh, Cooke 19 (Crosby, Martin) 13:01
Penalty — Tangradi Pgh (high-sticking) 15:35.
Second Period
4. Ottawa, Gonchar 4 (Foligno, Alfredsson) 0:33
5. Ottawa, Phillips 5 (Turris, Alfredsson) 7:05 (pp)
6. Ottawa, Turris 9 (Foligno, Gonchar) 7:41
7. Pittsburgh, Kennedy 9 (Sullivan, Staal) 7:55
8. Ottawa, Alfredsson 23 (Michalek, Cowen) 16:07 (sh)
Penalties — Cooke Pgh (goaltender interference) 5:54, Klinkhammer Ott (hooking) 9:00, Spezza Ott (tripping) 14:50, Neal Pgh, Foligno Ott (roughing) 18:19.
Third Period
9. Pittsburgh, Crosby 3 (Asham, Dupuis) 11:43
10. Ottawa, Spezza 31 (Michalek) 13:16
11. Ottawa, Alfredsson, 24 (Foligno) 17:05
12. Ottawa, Greening 17 (Karlsson, Spezza) 18:08 (pp)
Penalties — Michalek Ott (holding) 14:29, Malkin Pgh (tripping) 15:05, Asham Pgh (roughing) 17:33, Cowen Ott (oughing) 19:43.
Shots on goal by

Pittsburgh	13	14	13	40
Ottawa	9	12	7	28

Goal (shots-saves) — Pittsburgh: Thiessen (L,3-1-0); Ottawa: Bishop (20-17), Anderson (W,30-20-6)(9:23 second, 20-19).
Att. — 20,076 (19,153) at Ottawa.

CANUCKS 3, AVALANCHE 2 (OT)

First Period
1. Colorado, Landeskog 22 (Hejduk, Downie) 1:13 (pp)
Penalties — Vancouver bench (too many men; served by Weise) 0:36, Rome Vcr (roughing), Kobasew Col (charging) 6:34, Bieksa Vcr (hooking) 7:24, Hejda Col (tripping) 11:01, Jones Col (delay of game) 11:46, Pahlsson Vcr (holding stick) 15:42, Jones Col (double high-sticking) 17:35.
Second Period
2. Colorado, McGinn 20 (Stastny, Varlamov) 11:01 (pp)
3. Vancouver, Raymond 10 (Salo, H.Sedin) 15:55 (pp)
4. Vancouver, Higgins 14 (Pahlsson, Bieksa) 17:30
Penalties — Salo Vcr (interference) 10:23, Burrows Vcr (roughing) 13:17, Jones Col (holding) 14:08.
Third Period
No Scoring.
Penalty — Pahlsson Vcr (hooking) 6:23.
Overtime
5. Vancouver, Higgins 15 (Hansen, Bieksa) 1:40
Penalties — None.
Shots on goal by

Vancouver	8	14	9	1	32
Colorado	17	11	12	0	40

Goal — Vancouver: Luongo (W,28-14-8); Colorado: Varlamov (L,25-21-3). **Power plays (goals-chances)** — Vancouver: 1-5; Colorado: 2-6.
Att. — 18,007 (18,007) at Denver.

STARS 4, FLAMES 1

First Period
1. Dallas, Ja.Benn 23 (Burish, Pardy) 1:37
2. Dallas, Ryder 33 (Ribeiro, Lehtonen) 7:17
3. Calgary, Cammalleri 16 (Babchuk, Giordano) 12:27
Penalties — Dallas bench (too many men; served by Wandell) 4:39, Comeau Cal (tripping) 9:25, Jokinen Cal (high-sticking) 16:44.
Second Period
No Scoring.
Penalties — Ja.Benn Dal (tripping) 1:03, Iginla Cal, Giordano Cal, Ribeiro Dal (roughing), Souray Dal (double roughing) 19:49, Cammalleri Cal (slashing), Burish Dal (cross-checking) 20:00.
Third Period
4. Dallas, Ja.Benn 24 (Ott, Daley) 16:27
5. Dallas, Morrow 10, 18:32 (en)
Penalties — Burish Dal (roughing) 12:12, Kostopoulos Cal (roughing) 19:04.
Shots on goal by

Calgary	7	14	15	36
Dallas	8	6	6	20

Goal — Calgary: Kiprusoff (L,33-20-11); Dallas: Lehtonen (W,31-17-4). **Power plays (goals-chances)** — Calgary: 0-4; Dallas: 0-3.
Att. — 17,238 (18,532) at Dallas.

FLYERS 4, CANADIENS 1

First Period
1. Philadelphia, Timonen 4 (Giroux) 11:07 (pp)
Penalties — Couturier Pha (holding) 3:18, Plekanec Mtl (slashing) 11:01, White Mtl (holding) 12:54.
Second Period
2. Montreal, Plekanec 15 (Eller, Palushaj) 3:44
3. Philadelphia, Briere 15 (Carle, Read) 7:57 (pp)
4. Philadelphia, Briere 16 (Jagr, Bryzgalov) 17:38 (pp)
Penalties — Emelin Mtl (interference) 6:05, Philadelphia bench (too many men; served by Briere) 11:50, Carle Pha (hooking) 14:47, Cole Mtl (high-sticking) 16:48.
Third Period
5. Philadelphia, Read 21 (Couturier, Carle) 18:07
Penalties — Gorges Mtl, Kubina Pha (fighting) 1:20, Subban Mtl (roughing) 8:34, Blunden Mtl (misconduct), White Mtl (roughing), Simmonds Pha (hooking, slashing) 11:06, Bryzgalov Pha (tripping; served by Giroux) 11:45.
Shots on goal by

Montreal	4	9	11	24
Philadelphia	8	10	15	33

Goal — Montreal: Budaj (L,3-7-3); Philadelphia: Bryzgalov (W,32-14-7). **Power plays (goals-chances)** — Montreal: 0-5; Philadelphia: 3-5.
Att. — 19,931 (19,537) at Philadelphia.

PREDATORS 3, JETS 1

First Period — No Scoring.
Penalties — Enstrom Wpg (slashing) 5:11, Erat Nash (hooking) 12:52.
Second Period
1. Nashville, Halischuk 13 (Radulov, Klein) 2:56
2. Nashville, Bourque 5 (Spaling, A.Kostitsyn) 10:01
Penalties — Jones Wpg (tripping) 12:29, Byfuglien Wpg (roughing) 18:38.
Third Period
3. Winnipeg, Stapleton 11 (Machacek, Maxwell) 12:53
4. Nashville, Weber 15 (Fisher) 19:50 (en-pp)
Penalty — Byfuglien Wpg (hooking) 19:30.
Shots on goal by

Winnipeg	7	9	9	25
Nashville	10	5	13	28

Goal — Winnipeg: Pavelec (L,28-26-7); Nashville: Rinne (W,40-16-8).
Power plays (goals-chances) — Winnipeg: 0-1; Nashville: 1-4.
Referees — Eric Furlatt, Kyle Rehman. **Linesmen** — Jonny Murray, Steve Miller.
Att. — 17,113 (17,113) at Nashville, Tenn.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
x-Chicago	40	10	.800	—
d-Miami	35	11	.761	3
Orlando	31	18	.633	8½
d-Philadelphia	27	22	.551	12½
Atlanta	30	20	.600	10
Indiana	28	19	.596	10½
Boston	26	22	.542	13
New York	24	25	.490	15½
Milwaukee	22	26	.458	17
Cleveland	17	29	.370	21
Detroit	16	32	.333	23
Toronto	16	33	.327	23½
New Jersey	16	34	.320	24
Washington	11	37	.229	28
Charlotte	7	39	.152	31

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	36	12	.750	—
d-San Antonio	33	14	.702	2½
d-L.A. Lakers	30	18	.625	6
L.A. Clippers	27	21	.563	9
Dallas	28	22	.560	9
Memphis	25	21	.543	10
Utah	26	23	.531	10½
Houston	26	23	.531	10½
Denver	26	23	.531	10½
Phoenix	25	24	.510	11½
Minnesota	24	26	.480	13
Portland	22	26	.458	14
Golden State	20	26	.435	15
Sacramento	17	31	.354	19
New Orleans	12	36	.250	24

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x-clinched playoff spot

Last night's results
Phoenix 108, Cleveland 83
Minnesota 117, Denver 100
Atlanta 139, Utah 133,4OT
Boston 88, Washington 76
San Antonio 93, Philadelphia 76
Miami at Oklahoma City
Golden State at Portland
Memphis at L.A. Lakers

SOCCER

MLS

Yesterday's results
New York 4, Colorado 1
FC Dallas at Sporting Kansas City

Saturday's results
San Jose 3, Toronto FC 0
New England 1, Portland 0
Columbus 2, Montreal 0
Chicago 1, Philadelphia 0
Chivas USA 1, Real Salt Lake 0
Vancouver 0, D.C. United 0

ENGLAND

PREMIER LEAGUE

Yesterday's result
West Bromwich Albion 1 Newcastle 3

LEAGUE CHAMPIONSHIP

Yesterday's results
Birmingham 1 Cardiff 1
Johnstone's Paint Trophy
Chesterfield 2 Swindon 0

FRANCE

LIGUE 1

Yesterday's results
Dijon 2 Caen 0
Paris Saint-Germain 1 Bordeaux 1
Toulouse 1 Auxerre 0

GERMANY

BUNDESLIGA

Yesterday's results
Cologne 1 Borussia Dortmund 6
Stuttgart 1 Nuremberg 0

ITALY

SERIE A

Yesterday's results
Atalanta 2 Bologna 0
Cesena 2 Parma 2
Chievo Verona 1 Siena 1
Genoa 2 Fiorentina 2
Juventus 2 Inter Milan 0
Lazio 1 Cagliari 0
Napoli 2 Catania 2
Novara 0 Lecce 0

SCOTLAND

PREMIER LEAGUE

Yesterday's result
Rangers 3 Celtic 2

SPAIN

LA LIGA

Yesterday's results
Athletic Bilbao 1 Sporting Gijon 1
Espanyol 1 Malaga 2
Levante 0 Osasuna 2
Rayo Vallecano 0 Villarreal 2
Real Betis 1 Racing Santander 1
Zaragoza 1 Atletico Madrid 0

LACROSSE

NLL

Last night's results
Colorado at Philadelphia
Minnesota at Washington

CURLING

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At Lethbridge, Alta.
THIRD PLACE
Yesterday's results
Canada (Nedohin) 9 South Korea (JS. Kim) 6
CHAMPIONSHIP
Switzerland (Ott) 7 Sweden (Sigfridsson) 6

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Kentucky back in Final 4

NCAA. Wildcats set up rematch with Louisville

Kentucky is taking its highlight show back to the Big Easy.

With an NBA-like display from a young team filled with future pros, the top-seeded Wildcats advanced to the Final Four for the second year in a row with an 82-70 blitzing of Baylor in the South Regional final on Sunday.

Michael Kidd-Gilchrist scored 19 points, Anthony Davis added 18 points and 11 rebounds, and Terrence Jones dazzled in all the overlooked areas, leading the Wildcats (36-2) to a Bluegrass showdown with rival Louisville in the national semifinals next Saturday at New Orleans.

Darius Miller of the Kentucky Wildcats celebrates Sunday's win.
STREETER LECKA/GETTY IMAGES

For all the hoopla sure to surround that game in the basketball-crazed state, Kentucky won't consider the season a success unless it wins two more games — culminating in a national title.

"This team is playing for you and playing for each other," coach John Calipari told the predominantly blue-clad crowd when it was over. "Let's see if we can keep this thing rolling a bit."

The Wildcats beat Louisville 69-62 on New Year's Eve, but now they'll meet with the highest stakes ever.

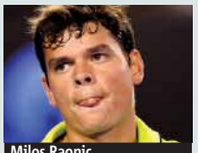
THE ASSOCIATED PRESS

Kansas beats UNC

- **Tyshawn Taylor** broke out of his slump in a big way, scoring 22 points and leading Kansas back to the Final Four with an 80-67 victory over former coach Roy Williams and top-seeded North Carolina on Sunday.
- **The second-seeded Jayhawks** will play Ohio State on Saturday in their first Final Four appearance since winning the 2008 national championship.

ATP tennis

Raonic withdraws with ankle injury



Milos Raonic
RYAN PIERSE/GETTY IMAGES/FILE

Canadian Milos Raonic has withdrawn from the Sony Ericsson Open with an ankle injury.

The 21-year-old from Thornhill was unable to take the court Sunday against British fourth seed Andy Murray for their third-round match after rolling an ankle during training.

Raonic, however, expects to be ready for his next event in Monte Carlo in April.

"I was just moving back and I rolled over my ankle and ended up spraining it," said Raonic, who consulted his doctor in Spain over the problem and will now spend a few days at home in Canada.

It was Raonic's second injury blow in as many seasons. The 26th seed in Miami was forced to withdraw last summer from Wimbledon in the second round after injuring his hip in a match against Gilles Muller.

THE CANADIAN PRESS

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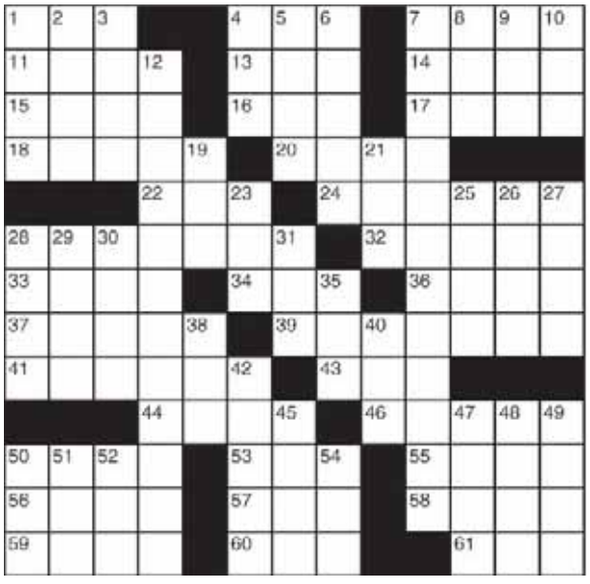
Crossword



Across

1 — Wan Kenobi
4 Health resort
7 Recording
11 Swimming venue
13 Lummox
14 Thing
15 Opposed to
16 Buddy
17 Options list
18 Rife with foliage
20 Toothpaste container
22 Hearing organ
24 Shoe without laces
28 Sleep-wear
32 Trap
33 Verve
34 Wrinkly-faced dog
36 Faucet problem
37 Gives temporarily
39 "The Big Bang Theory" star Jim
41 Birdcage attachment
43 Swab the floors
44 Way out
46 Stretchy candy
50 Pop singer Lady —
53 To and —
55 Col. Mustard's game
56 Settled down
57 Legislation
58 Into the sunrise
59 Big party
60 Storm center
61 Next-to-last Greek letter

Down

1 October birthstone
2 Skeletal component
3 Tiny amount
4 Weep
5 Role
6 In a state of conflict
7 Ontologists' concerns
8 Dined
9 Corral
10 Flightless bird
12 Vitally important
19 Sweet potato
21 Derek and Diddley
23 Knock
25 Gambling game
26 Ms. Brockovich
27 Agents, for short
28 Riches
29 Sheltered
30 Tarzan's wife
31 Dine
35 Leg, slangily
38 Gender
40 Deterioration
42 Winchester or Spring-field
45 Salver
47 Envelope part
48 Commotion
49 Bigfoot's cousin
50 Talk on and on
51 Chicken king
52 Our soldiers
54 Have bills

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's answer

Sudoku

		8	1			9	7	
9						5		2
	1			4				3
	5				2	8		
			7		3			
		1	6				4	
2				9			3	
1		3						5
	9	6			1	7		

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

Send a kiss

- **To Dee.** I'm younger, you're older. I was brought up in a conservative household, you were brought up in a liberal one. I'm time-oriented, and you take your time to make things right. We have so many things not in common... but that's what makes our relationship so special. Thank you for everything and more. Cheers to a bottom-less pitt of memories and love. From Ree
- **Yes.** You already won me, just gotta go get me, but I can get you too. From Yes
- **Either.** because im single, maybe your not? But you want it up to me, im fine with that, don't overthink it, not a bad thing, same thing you did before would be awesome. But it can be up to me, just hope you really let me... From Way u Missed Connection
- **Same.** You know it's been this way for me too, but now pretty sure I know why. And when everything said and done with my life, I can maybe be beside you if you do what you gotta do. From here

Today
3°/-6°
Sunny
Tuesday
4°/3°
Partly cloudy
Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network | HD
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Horoscope

Aries | March 21 - April 20. Try to keep your more caustic comments to yourself or you'll spend the next few days apologizing.

Taurus | April 21 - May 21. Somewhere along the line you have made an embarrassing, and maybe costly, mistake but you must not let it affect your confidence.

Gemini | May 22 - June 20. You just know that someone is keeping something from you and it's causing you a fair bit of anguish.

Cancer | June 21 - July 22. You may find it harder than usual to express yourself today but that's probably no bad thing.

Leo | July 23 - Aug. 22. Why are you finding it hard to be cheerful when so many things are going your way?

Virgo | Aug. 23 - Sept. 22. You really don't care what other people think but even so it might be wise to listen to their criticisms today.

Libra | Sept. 23 - Oct. 22. The best way to deal with someone who is giving you a hard time today is not to give them a hard time in return but to be nice to them.

Scorpio | Oct. 23 - Nov. 21. Make sure you have got your facts right before wading in with an opinion

Sagittarius | Nov. 22 - Dec. 21. Take care not to fall out with someone you usually get along with quite well over what is really a trivial matter.

Capricorn | Dec. 22 - Jan 20. You may be impatient to get started on something you have been planning for ages.

Aquarius | Jan. 21 - Feb 18. This is a good day for thinking but maybe not such a good day for actively pursuing your ambitions.

Pisces | Feb. 19 - March 20. Mercury in your sign is at odds with Saturn, which suggests you may not be thinking straight over the next 24 hours. Fortunately, Pisces is a sign that relies more on intuition — and your instincts are perfect as usual.

SALLY BROMPTON

Caption Contest

"If there are angry birds, there will be floating pigs!"
Honey

KIN CHEUNG/ THE ASSOCIATED PRESS

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